

# Living Well in Idaho

***Enroll in classes to help manage ongoing health conditions!***



**Learn skills to help manage:**

- Pain and fatigue
- Difficult emotions, anxiety and stress
- Communication with your family and doctors
- Medication usage
- Goal-setting and problem-solving

**Persons with any ongoing conditions are welcome:**

**Diabetes, high blood pressure, heart disease, COPD, arthritis, asthma, depression, etc.**

**Family members, friends and caregivers are welcome, too!**

*Karcher*  
**ESTATES**

*Retirement & Rehabilitation Community*

Healthy snacks will be provided by Karcher Estates.

Make sure to tell Linda Pinkston thanks for her help in coordinating this workshop!

Refer a friend and you will each get a little surprise.

Wednesdays 9:00am to 11:30am  
March 12, 2014—April 16, 2014

Karcher Estates

*1127 Caldwell Blvd.*

*Nampa, ID 83651*

*Introduction Class March 5, 2014*

*9:00am to 10:00am*

**Workshop cost \$25. Registration is required.**

**Please call Dolly at Area Agency on Aging (208) 991-5607.**

**Funding is provided by the US Administration on Aging through the Idaho Commission on Aging**



**AREA AGENCY ON AGING** *SERVING SOUTHWEST IDAHO*

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*“Now I have  
more energy than I’ve  
had in years!”*