

Are you living with a chronic condition?



Collier County

Living Healthy Workshop

Florida Health Collier County
3339 East Tamiami Trail (Bldg. H) Naples, FL 34112

Join the Area Agency on Aging for Southwest Florida (AAASWFL) for a FREE workshop available to 60+ residents in Collier county. The 6-week program is designed to help:

- manage chronic health conditions
- deal with pain, stress and fatigue
- improve posture and increase strength and flexibility
- support healthy nutrition
- connect with older adults that are living with an ongoing health condition
- improve communication with family, friends, and health care providers

Contact Liliana Hernandez to register:
workshops@aaaswfl.org |(239)652-6915



Department of
ELDER AFFAIRS
STATE OF FLORIDA



Area Agency on Aging
FOR SOUTHWEST FLORIDA

