

# Living Well Alabama

*helps you do the  
things you want to do*



6 Week FREE Course  
2.5 Hours Per Week

Get the support you need to manage  
your chronic health condition.

**Don't let an ongoing  
health condition ruin  
your life.**

**Call M4A to schedule  
your workshop today!**

**205.670.5770**

**[www.LivingWellAlabama.org](http://www.LivingWellAlabama.org)**



**ASSISTING  
ALL AGES AT  
ALL STAGES**

**Middle Alabama  
Area Agency on Aging**

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