



A CHRONIC DISEASE
SELF MANAGEMENT PROGRAM

LIVING WELL ALABAMA

Brought to you by the Middle Alabama Area Agency on Aging

Dear Church Leader,

M4A is now offering Living Well Alabama VIRTUALLY to church congregations across Alabama! LWA uses an evidence-based and holistic approach to help participants manage their health. During this time of social isolation, it has never been more important to connect with others and focus on our health.

KEEP YOUR MEMBERS CONNECTED WITH LWA

- Evidence-Based Program
- Interactive, small group (8-16 participants)
- Lead by 2 trained facilitators (provided by M4A)
- Completely virtual
- Choice of FREE gift

THIS FREE 6-WEEK PROGRAM IS PROVEN TO

- Decrease social isolation
- Improve healthy behaviors
- Decrease feelings of depression and anxiety
- Improve communication
- Increase energy, decrease pain, and much more!

**Churches will receive \$300 to
offset the costs of hosting a workshop.**

**Interested? Contact Breana Thomas, bthomas@m4a.org,
to schedule a workshop.**



ASSISTING
ALL AGES AT
ALL STAGES

www.livingwellalabama.org
205-670-5770

