

## M4A is now offering Living Well Alabama VIRTUALLY 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)
- Led by 2 trained facilitators (provided by M4A)
- Completely virtual
- Choice of FREE gift

### CONTACT BREANA THOMAS TO SCHEDULE A WORKSHOP:

 [bthomas@m4a.org](mailto:bthomas@m4a.org)

 [www.livingwellalabama.org](http://www.livingwellalabama.org)

 205-670-5770



ASSISTING  
ALL AGES AT  
ALL STAGES



#### A CHRONIC DISEASE SELF MANAGEMENT PROGRAM

*brought to you by the Middle  
Alabama Area Agency on Aging*

### 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!

**YOUR ORGANIZATION  
WILL RECEIVE \$300 FOR  
HOSTING A WORKSHOP!**



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**M4A's mission** is to help all individuals access information, assistance, and resources that will empower them to self-advocate, live independently, and enjoy the highest quality of life. M4A specializes in serving older adults and individuals with disabilities.