

Living Well as LGBTQIA+ Older Adults with Long-Term Health Conditions

Tuesdays, June 22–August 3, 1–3:30 p.m.

This FREE remote workshop will be led by two LGBTQIA+ leaders, who are also challenged by chronic conditions.



The 7-week curriculum will teach the same content that is taught to varied groups around the globe, but will provide a uniquely safe opportunity for participants to learn concepts, support one another to set goals, and solve problems related to their health.

Topics include:

- The mind-body connection
- Getting a good night's sleep
- Action planning
- Physical activity and exercise
- Dealing with difficult emotions and depression
- Communication skills
- Healthy eating
- Relaxation

For more information or to register for a workshop, call 413-773-5555 x2297, 978-544-2259 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org. Residents of Franklin County and the North Quabbin Region will have registration priority for this workshop.