



# the healthy living Center of Excellence

[www.healthyliving4me.org](http://www.healthyliving4me.org) · 978-946-1211

## Welcome to the My Life, My Health Chronic Disease Self-Management Education Team!

Now that you have graduated from a Chronic Disease Self-Management Program, here are some opportunities to continue to use your self-management skills:

- ✓ Register yourself, friend and/or family member for a community or online workshop: [www.healthyliving4me.org](http://www.healthyliving4me.org)
- ✓ Become trained as a Program Leader: Call 978-946-1211 or contact your local program coordinator about becoming a leader.
- ✓ Join the Healthier Living Alumni Online Community: [healthyliving.sfconnected.net](http://healthyliving.sfconnected.net)
- ✓ Join the “Helping Hands” Community Support Group: 978-251-8712
  - Connect with other graduates like yourself to receive on-going community support and resources to further enhance your life skills and become a more active partner in your healthcare.
- ✓ Become a Participant Ambassador: 978-946-1211
  - Help make a difference in people’s lives by spreading the word about the healthy living programs, enhance program participation and market self-management education through Ambassador outreach.
- ✓ Post to our facebook account your positive experience about the workshop you attended: <https://www.facebook.com/HealthyLivingCenterofExcellence>

**For questions or further assistance please contact the Healthy Living Center Staff at 978-946-1211.**



**Elder Services of the Merrimack Valley, Inc.**



*Choices for a life-long journey*

The Power to Redefine Aging.



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AFFILIATE