



A CHRONIC DISEASE  
SELF MANAGEMENT PROGRAM

# LIVING WELL ALABAMA

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

**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)
- 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!

**Interested? Contact Breana Thomas, [bthomas@m4a.org](mailto:bthomas@m4a.org),  
to schedule a workshop.**

[www.livingwellalabama.org](http://www.livingwellalabama.org)  
**205-670-5770**