



FREE Workshops

HEALTHY Aging

My Life, My Health (Chronic Disease Self Management)

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions. Participants will learn several techniques for dealing with issues such as pain, fatigue and difficult emotions. Sessions are held once a week for six weeks for 2 ½ hours each.

WELLESLEY: Wednesdays 9am - 11:30am, from May 19 to June 23 (6 sessions)

Location: Wellesley Senior Center, 219 Washington St., Wellesley

An Information Session to learn about the program and register for it is being held on Wednesday, May 12, at 9am at the Wellesley Senior Center.

Registration: Wellesley Senior Center, 781-235-3961

In Partnership with Newton-Wellesley Hospital

NEWTON: Tuesdays 10am - 12:30pm, from May 25 to June 29 (6 sessions)

Location: Temple Reyim, 1860 Washington St., Newton

Registration: Newton-Wellesley Hospital Wellness Center, 617-243-6221

WATERTOWN: Wednesdays 9:30am-noon, from June 30 - August 4 (6 sessions)

Location: Watertown Senior Center 31 Marshall Street, Watertown

An Information Session to learn about the program and register for it is being held Wednesday, June 23, at 10am at the Watertown Senior Center

Registration: Watertown Senior Center (617) 972-6490

Healthy Eating for Successful Living in Older Adults

Learn, have fun, and improve your health at the same time. For seniors who want to learn more about how nutrition and lifestyle changes can promote better health. The program uses USDA's MyPyramid as a framework and includes recommendations for combining physical activity with good nutrition. Sessions are held once a week for six weeks and meet for 2 ½ hours each.

In Partnership with Newton-Wellesley Hospital

NEWTON: Wednesdays, 10am -12:30pm from March 23 – May 5, skipping March 30 (6 sessions)

Location: Temple Reyim, 1860 Washington St

Registration: Newton-Wellesley Hospital Wellness Center, (617) 243-6221

WATERTOWN: Wednesdays, 9:30am - 12:00, from April 28 to June 2 (6 weeks)

Location: Watertown Senior Center, 31 Marshall St, Watertown

An Information Session to learn about the program and register for it is being held on Wednesday, April 21, 10am-11am, Watertown Senior Center

Registration: Watertown Senior Center (617) 972-6490



125 Walnut St., Watertown, MA 02472
(617) 926-4100