

# Living Well in Idaho

Enroll in free classes to help manage ongoing health conditions!



Learn skills to help manage:

- Pain and fatigue
- Difficult emotions, anxiety and stress
- Communication with your family and doctors
- Medication usage
- Goal-setting and problem-solving

Friends, families, caregivers and persons with any ongoing conditions are welcome:  
Diabetes, high blood pressure, heart disease, COPD, arthritis, asthma, depression, etc.

Nampa & Caldwell:

Nampa	Maryland Village Apartments <i>1737 Sunnyridge Rd. Nampa, ID 83686</i>	Mondays	June 6 - July 18	9 am - 11:30 am
Caldwell	Vineyard Suites <i>3523 E. Linden Street Caldwell, ID 83605</i>	Wednesdays	May 25 - July 6	2 pm - 4:30 pm

**Classes are free! Registration is required. Call: (208) 908-4990**



**SW IDAHO AREA AGENCY ON AGING**

Sage Community Resources  
125 E. 50th Street  
Garden City, ID 83714

Phone: (208) 908-4990  
Fax: (208) 322-3569  
[www.sageidaho.com](http://www.sageidaho.com)



*“Now I have  
more energy than I’ve  
had in years!”*