CAMBRIDGE HEALTH ALLIANCE'S

Aging Wisely Everett

All activities are provided *free of charge!*

CALENDAR 2014			
	Location	**Day**	**Time**
Aerobics	Armory	Mon (11 - 12:00), Wed & Fri (10 - 11:00)	10:00 - 11:00 am
Tai Chi	Armory	Thursday	10:00 - 11:00 am
Movement With Music	Armory	Thursday	9:00 - 10:00 am
Weekly blood pressure	Armory (walk–in)	Monday	9:00 - 10:30 am
Monthly blood screening: Cholesterol, glucose and blood pressure (dates subject to change)	Armory (by appointment only)	1st and 3rd Monday of each month (in the event of a holiday, screenings will be conducted the following Monday.)	9:00 - 11:00 am
	Villa Co-op (residents only)	2nd Monday of each month (in the event of a holiday, screenings will be conducted the following Monday.)	9:30 – 11:00 am
	Glendale Towers (residents only)	4th Monday of each month (in the event of a holiday, screenings will be conducted the following Monday.)	9:30 – 11:00 am
My Life, My Health: *Diabetes*	Armory	Six-week program for seniors with Type 2 Diabetes. This program consists of a 2 ½ hr. class once a week for six weeks. **Contact the Program Coordinator** for further information and **to sign up for next available series**.	
My Life, My Health: *Chronic Conditions*	Armory	A six-week program for self-management of chronic diseases such as diabetes, heart disease, arthritis, asthma, or depression. Classes meet for 2 ½ hours once a week for six weeks. **Contact the Program Coordinator** for further information and **to sign up for next available series**.	
Healthy Eating for Successful Living series	Armory	Six-week program consisting of a 2 ½ hr. class once a week for six weeks. **Contact the Program Coordinator** for further information and **to sign up for next available series**.	
My Health Game Show	Armory	Usually **2nd Wednesday** of each month from **11 am - noon** (check monthly calendar for topic, date, and time)	

For more information, please call the Program Coordinator @ 617-591-6741

This program is sponsored through the partnership of Cambridge Health Alliance and the Everett Council on Aging, with funding from the Everett Foundation for the Aged.