

This information below is originally from the *Rochester Democrat & Chronicle*. Please follow the link below to view the original article:

<http://www.democratandchronicle.com/article/20120221/NEWS01/302210026/Lifespan-workshop-chronic-illnesses>

Lifespan is hosting a free six-week health education program for people 55 and older who are living with a chronic condition.

The program will cover getting necessary support, making better nutrition and exercise choices, communicating with doctors and family, proper use of medication, and finding practical ways to [deal](#) with pain and fatigue.

During each 2½-hour session, participants will set their own goals and make a plan to improve their health. Participants can bring a family member or friend.

The program runs from 9:30 a.m. to noon Thursdays beginning March 15 at the Al Sigl Community of Agencies, 1000 Elmwood Ave.

Registration is required. For more, call (585) 402-7840, ext. 4.