



The Wellness Pathways program at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

SIGN ME UP!

Call today for more information
about upcoming workshops:

Jousette Anaya

781-586-8530

janaya@glss.net

AND THERE'S MORE!

A MATTER OF BALANCE

*Fall Prevention Workshops
for Older Adults*

Our health self-management workshops are partially funded through grants provided by Title III of the Older Americans Act through Greater Lynn Senior Services.



Greater Lynn Senior Services

Are You Living With An Ongoing Health Condition?



**OUR HEALTH
SELF-MANAGEMENT
WORKSHOPS CAN HELP**



**IF YOU'RE LIVING WITH AN
ONGOING HEALTH CONDITION,
YOU'RE NOT ALONE.**

Chronic diseases affect one out of every ten Americans, people of all ages and from all walks of life.

**OUR HEALTH SELF-MANAGEMENT
WORKSHOPS CAN HELP YOU TAKE
CONTROL AND START LIVING AGAIN!**

At any age, a chronic disease can affect almost every aspect of your life. In just six meetings, our programs are proven to help people live more active, fulfilling lives...*one manageable step at a time.*

MEET NEW PEOPLE...LIKE YOU!

Our small, supportive classes for adults of all ages encourage new friendships with people who understand how you feel and will celebrate your successes.

CAREGIVERS ARE WELCOME!



KNOWLEDGE IS POWER!

You'll learn practical strategies and skills that can help you feel better and improve your quality of life. Share what you know and learn from others who are living with similar challenges.

“I love the
Action Plan.
I'm not really
a 'goal-setting'
kind of person,
but I can do
anything in
a week.”

*Workshop
participant*

This program was
developed and tested
by researchers at
Stanford University
Medical Center.

