

# NEW HEALTH AND WELLNESS PROGRAMS LAUNCHED FOR ADULTS living in Allegheny County

SIGN UP NOW to join one of these **FREE** on-line workshops developed by Stanford University and Powered by the National Council on Aging

## **Building Better Caregivers**

## **Better Choices, Better Health**

**Brought to you by:  
AgeWell Pittsburgh**

**Brought to you by:  
Vintage**

Being a Caregiver can be hard, and it can be hard on your health, too. Whatever you're facing, a *Building Better Caregivers* Workshop can help you build the strength you need to take better care of others—and yourself.

If you are an adult with an ongoing health condition, such as diabetes, arthritis, high blood pressure, heart disease, anxiety or any other chronic condition, we can help you take charge of your life.

**To register, contact:  
AgeWell Pittsburgh 412-422-0400**

**To register, visit:  
<http://www.alleghenybetterhealth.org/>**

**Sponsored by:  
United Way of Allegheny  
County**

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Allegheny County Medical  
Society**