



“Ke Ola Pono”

Better Choices Better Health



TAKE CONTROL OF
YOUR LIFE

Stanford University Evidence-Based Program

- ◆ A six-week workshop focused on active self-management of chronic conditions.
- ◆ Only \$10.00 for seniors and caregivers; Under 60 years of age cost is \$35 and scholarships are available.
- ◆ Class locations throughout all parts of Maui County.
- ◆ Set achievable “action plans” that lead to healthier habits, and greater confidence.
- ◆ Have fun, make new friends and get the support you need.
- ◆ Enjoy healthy snacks.
- ◆ Caregivers encouraged to attend!

Sign up today by calling 281-0094!



Sponsored by:



To find out about
upcoming classes
or to register call
281-0094 in behalf
of Maui County
Office on Aging.

For more information visit www.hawaiiadrc.org

