

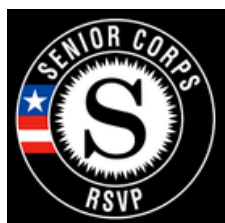
RSVP

For information on volunteering
or our programs, please contact
Jaime Vanderlaan

RSVP Director, Five County AOG

Email: jvanderlaan@fivecounty.utah.gov

Phone: 435-673-3548 Ext. 103

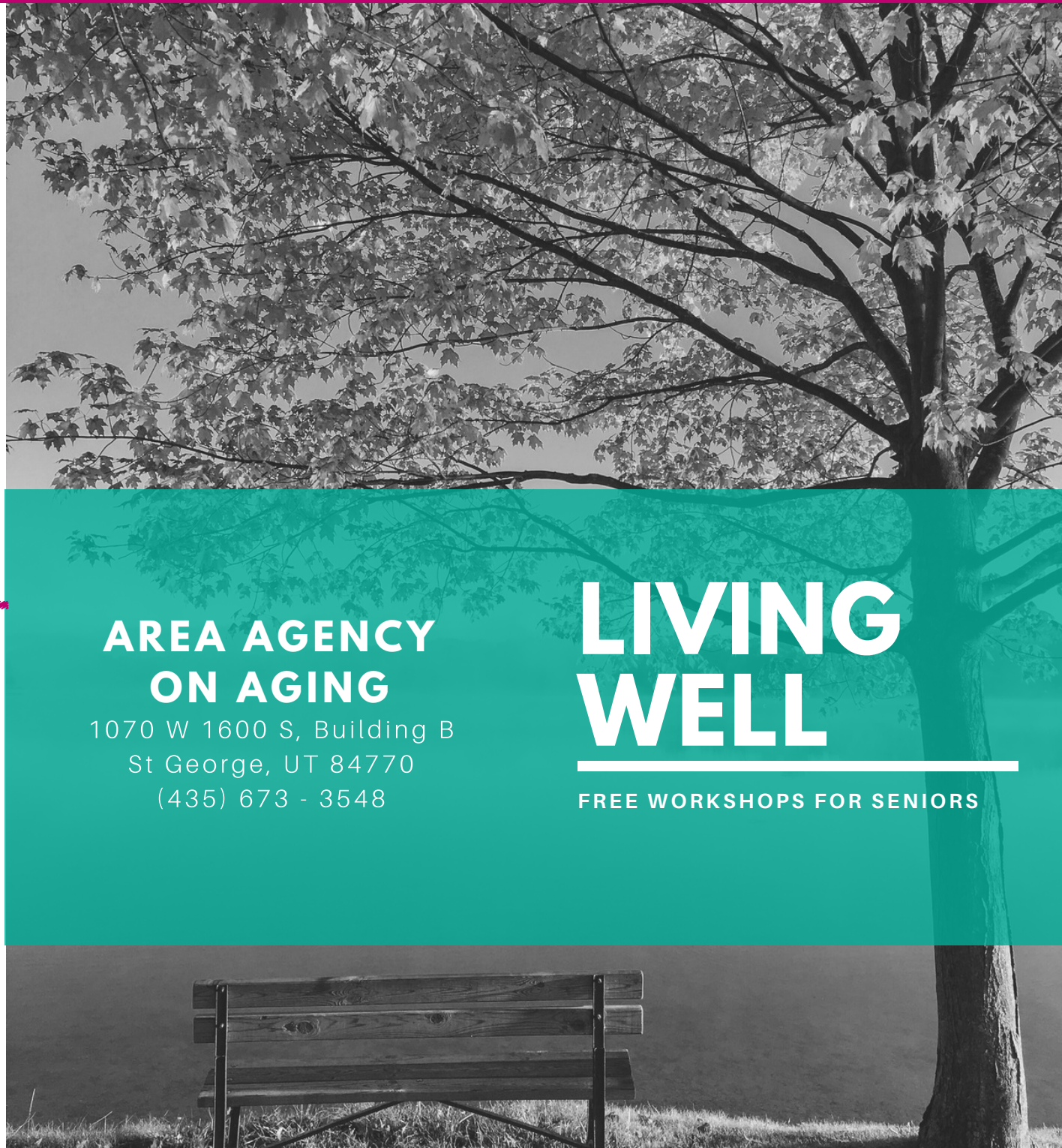


AREA AGENCY ON AGING

1070 W 1600 S, Building B
St George, UT 84770
(435) 673 - 3548

LIVING WELL

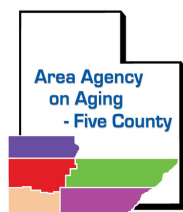
FREE WORKSHOPS FOR SENIORS



About Us

Millions of adults live with one or more chronic health conditions. Our programs help people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs.

The programs are facilitated by leaders with their own health challenges. Our programs are highly interactive, focusing on building skills, sharing experiences, and support.



OUR GOALS



LIVING WELL WITH CHRONIC CONDITIONS



For people living with one or more on-going conditions like arthritis, heart disease, stroke, kidney disease, lung disease, depression, and many others.

LIVING WELL WITH DIABETES



For people living with diabetes, this workshop helps develop the skills to manage your diabetes and prevent complications.

LIVING WELL WITH CHRONIC PAIN



For people who are experiencing chronic pain conditions due to injury, fibromyalgia, repetitive strain, post-stroke pain, neuropathic pain, and other causes.

WORKSHOPS DESIGNED FOR SENIORS



All courses are FREE and evidence based and a great opportunity to increase your confidence, feel better, connect with others and take charge of your health.