

Tired of Feeling Sick?

Learn to live healthy with a
Chronic Disease*

“This class was so helpful. When can I
take it again?” *Mrs. D. age 64*

Call Alexis for more information
336-608-3568

Classes free for ages 60+

Jan. 7th - Yadkinville Senior Center

Jan. 12th - Yadkin YMCA

Jan. 12th - Salemtowne

Jan. 15th - King Senior Center

Jan. 19th - Elkin Library

More classes available



Northwest Piedmont
Area Agency on Aging

*COPD, Arthritis, Diabetes, Fibromyalgia, Heart
Disease, IBS, IBD, Cancer, Asthma, Migraines etc.