



**FOR IMMEDIATE RELEASE**

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**Mystic Valley Elder Services' Holds Free Virtual Workshop Series:  
*My Life; My Health* Beginning in September**

**(Malden, MA)**—Mystic Valley Elder Services will present a FREE Virtual chronic disease self-management workshop series *My Life; My Health*, beginning **Wednesday, September 16 to October 21, from 10:30 am to 12:30 pm**. Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home. You don't want chronic disease, pain or discomfort to limit the activities and life you enjoy.

The series is for anyone living with an ongoing medical condition, such as arthritis, asthma, chronic back pain, chronic fatigue syndrome, cancer, COPD, diabetes, fibromyalgia, heart disease, high blood pressure, Parkinson's disease, or stroke. Topics will include managing and controlling pain, beginning (or improving) an exercise program, handling stress and learning to relax, increasing energy, and eating for your health and wellbeing.

Class size is limited, so reserve your spot today. To register or if you have any questions about the program, contact Donna Covelle at [dcovelle@mves.org](mailto:dcovelle@mves.org) or call 781-388-4867.

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**About Mystic Valley Elder Services**

*Celebrating 45 Years of helping older adults keep their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).*