



Wellness Tip of the Week

with the Area Agency on Aging District 7

Communication is Key

Communicating with your healthcare provider is so important for your physical, mental and emotional health. Be sure to take “PART”: Prepare, Ask, Repeat, Take Action in your healthcare. This can help you get the most from each healthcare appointment. Learn more by participating in one of our wellness classes! Call 1-800-582-7277 to learn more.