

Wellness Tip **of the Week**

with the Area Agency on Aging District 7



Stress Management

Stress that extends over time can cause your body to start adapting to it which can make it hard to manage symptoms related to a chronic disease. Learning ways to better manage stress while living with your chronic condition can help.

Wellness programs through the AAA7 are a beneficial tool to learn more about stress management. Call us at 1-800-582-7277 or e-mail info@aaa7.org to register for one of our telephone classes this Fall.