



**Atria Shaker**

**345 Northern Blvd. in Albany**

# **Take Charge of Your Health & Join the Living Healthy workshop Series!**

**Mondays 2:15 –4:45pm** at Atria Shaker's  
Activities Room

**November 17 & 24; December 1, 8, 15 & 22**

**FREE workshop textbook, relaxation CD,  
AND LIGHT REFRESHMENTS**

**If you are 60+ years old and are...**

living with a chronic health condition, or caring for someone with  
an ongoing health condition-

**join our Healthy Living workshops**

peer-led by people who share your experiences.

Learn new ways to enhance your well-being.

To register-

**Contact Angela DePasquale at: 518-465-4444**

**"After taking the class I'm now a problem-solver instead of a victim, and I can  
communicate easier with my doctor about my needs."**

**-Living Healthy workshop participant -Albany, 2008**

**Healthy Choices  
NEW YORK**

[www.albany.edu/aging/healthychoices](http://www.albany.edu/aging/healthychoices)