



Would you like increase your **Energy & Independence?**

Do you have an ongoing condition and want
to take charge of your health?



Join us for a presentation to learn about the
Living Healthy workshop series, an interactive course
coming soon to the Duanesburg Area Community Center
(DACC) that teaches the best tools for health
empowerment!

You'll get to experience some of the workshop activities,
such as how to manage the pain and fatigue often
associated with Arthritis, Osteoporosis, GERD, Heart
Disease, Diabetes, Asthma, and other ongoing
conditions.

After the presentation, opportunities for registering for the
course will be available. Those who take the full course
receive a free workshop textbook and audio relaxation
CD/tape.



This program is made
possible through grants
from the federal
Administration on Aging,
the NYS Office for Aging,
& the NYS Department
of Health

Join us!

Date: March 2, 2009

Time: 12:45pm

Place: DACC

221 Victoria Drive in Delanson!

**Adults aged 60+ and
Caregivers of any age are welcome.**

For more information please contact Jen Dolezsar at
895-9500 ext. 104