



Communities
for Seniors

DePaul Housing Management

Sponsored by the Roman Catholic Diocese of Albany

Father Leo O'Brien Senior Community
3151 Marra Lane Schenectady, NY 12303

FREE

2008 Health Empowerment PROGRAM

Tuesdays 1:30-4pm at Father Leo O'Brien

October 14, 21 & 28; November 4, 11 & 18

**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 Susan Taylor, Service Coordinator, at:
518-357-9516

**"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