

**First United Methodist Church
603 State Street Schenectady, NY 12305**



FREE

2008 Health Empowerment PROGRAM

Tuesdays 9:30am-12pm at First United Methodist

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

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

If you are...

60+ years old & 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 Reverend Bill Barney at:

(518) 374-4403

**"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