

Are You...

Living with an chronic health condition like arthritis, heart disease, asthma, or diabetes & age 60+?

Caring for someone with an ongoing health condition(s)?

Interested in exploring new ways to increase your functioning & wellbeing?

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, 2006*

Come join a **Living Healthy*** workshop and learn proven techniques that will help you maximize your independence!

Workshops are held in small groups and are peer-led by people who share your experiences.

SIX classes: Thursdays, 2 – 4:30 pm beginning Oct. 9, 16, 23, 30 then Nov 6 & 13 at Adirondack Friends Meeting, 27 Saratoga Ave. So. Glens Falls; 793-3755

FREE classes, training materials and light refreshments!

Interested?

Please contact Dr. Barbara Spring, co-facilitator, at 518-274-0784 or email barbarakspring4@msn.com