



Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

Check us out on the web!

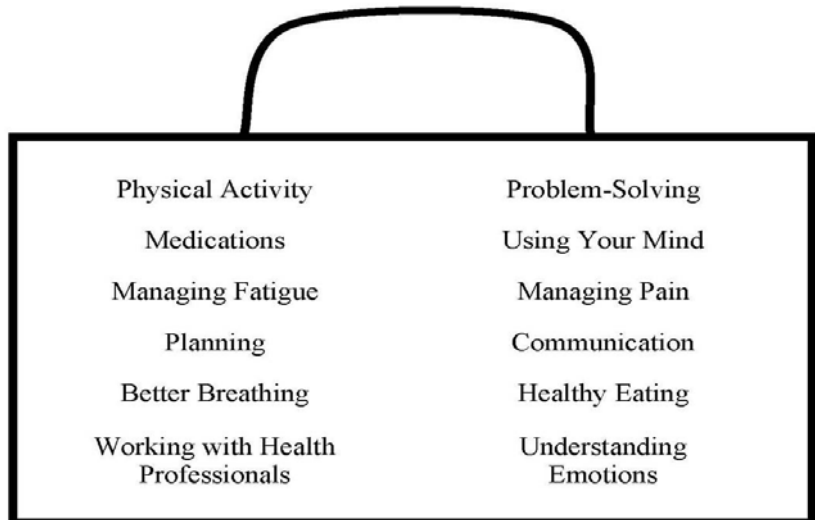
Would you like to get more **energy**?

Want to maintain or increase your **independence**?

Come join us for a presentation and orientation on the Living Healthy* series and learn about fun, interactive workshops soon to be offered at the Good Shepherd Lutheran Church! Living Healthy* with chronic conditions, like Arthritis, Osteoporosis, Heart Disease, Diabetes, Asthma will be explored and opportunities to register will be available.



The Self-Management Toolbox



**This program is
FREE!**

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

Date: Friday, February 27th

Time: 11am

**Place: Good Shepherd Lutheran Church
510 Albany-Shaker Road in Loudonville**

**For more information, please call Carolyn Wolfe at:
518- 458-1562**