



Last year's Living Healthy* Class!

Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

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?

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, 2 ½ hours each session, on Oct 7, 14, 21 & 28; Nov 4 & 11

Place: Green Island Senior Center – 5 George Street

FREE book, relaxation CD & light refreshments!

Interested?

*Please contact **Jill Alix** at 272-7262*

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*

*Living Healthy is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center. For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.htm>