



Do You Want to Empower Yourself & Your Family to
Take Charge of Ongoing Health Conditions?

CDPHP® Senior FitSM

Come Join us for...



Living Healthy*

A FREE six-week workshop series for adults aged 60+
with chronic conditions & caregivers of any age

*Registration is open to the outside community
No membership with YMCA or CDPHP is required

Session 1-Feb 16th: Overview of self management &
chronic conditions • Using your mind to manage symptoms
Making an Action Plan

Session 2-Feb 23rd: Feedback & Problem Solving •
Difficult emotions • Fitness & exercise • Action Planning

Session 3-March 2nd: Feedback & Problem Solving •
Better breathing • Pain & fatigue • Using your mind to
manage symptoms • Action Planning

Session 4-March 9th: Feedback & Problem Solving •
Nutrition • Future plans for health care • Communication
Action Planning

Session 5-March 16th: Feedback & Problem Solving • Medications
Making treatment decisions • Depression • Using your mind to manage symptoms
• Action Planning

Session 6-March 23rd: Feedback & Problem Solving • Working with health
professionals • Working with health care systems • Future plans

All classes will be held
1-3:30pm on Mondays at
the Guilderland YMCA.

To register, please contact
Jennifer Rittner at
518-456-3634 X1110

*Registration for the class
closes by Session Two.