

Mont Pleasant Commons
1502 Chrisler Avenue Schenectady, NY 12303

FREE

2008 Health Empowerment PROGRAM

Wednesdays 1:00-3:30pm at Mont Pleasant Commons

October 15, 22 & 29; November 5, 12 & 19

FREE workshop textbook, relaxation CD,
AND LIGHT REFRESHMENTS



If you are 60+ years old and are:
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 Susan Taylor, Service Coordinator, at:
518- 382-1848 ext 15

"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



Northeast
Health

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SUNNYVIEW REHABILITATION HOSPITAL