



# Healthy Choices NEW YORK

[www.albany.edu/aging/healthychoices](http://www.albany.edu/aging/healthychoices)

Do you have Arthritis, Heart Disease,  
Osteoporosis or Diabetes?  
Or Are You Caring for Someone who Does?

Come Join us for...

## **Living Healthy\***

A six-week workshop series for the Rensselaer Senior Center!

**Session 1-Oct 15<sup>th</sup>:** Overview of self management & chronic conditions • Using your mind to manage symptoms Making an Action Plan

**Session 2-Oct 22<sup>nd</sup>:** Feedback & Problem Solving • Difficult emotions • Fitness & exercise • Action Planning

**Session 3-Oct 29<sup>th</sup>:** Feedback & Problem Solving Better breathing • Pain & fatigue • Using your mind to manage symptoms • Action Planning

**Session 4-Nov 5<sup>th</sup>:** Feedback & Problem Solving Nutrition • Future plans for health care • Communication Action Planning

**Session 5-Nov 12<sup>th</sup>:** Feedback & Problem Solving • Medications Making treatment decisions • Depression • Using your mind to manage symptoms • Action Planning

**Session 6-Nov 19<sup>th</sup>:** Feedback & Problem Solving • Working with health professionals • Working with health care systems • Future plans

All classes will be held 9:30am-12pm on Wednesdays at St. John's rectory room. To register, please contact Gloria Fonda at 518-463-2166