

Troy Public Library



&

Healthy Choices
NEW YORK

www.albany.edu/aging/healthychoices

ask....

True or False?

People with chronic health conditions have unique symptoms and the ways people manage them depend solely on the particular condition being addressed.

Answer: False!

People with chronic conditions often share similar symptoms (fatigue, stress, pain & difficult emotions) and can use similar self-management techniques to maintain & improve health.

Are you 60+ and living with an ongoing health condition like arthritis, diabetes, and hypertension or caring for someone who is?

Come join the Living Healthy* workshop series and learn proven techniques to maximize independence & wellbeing!

When: Six Monday afternoons, 1:30 – 4 pm

November 3rd, 10th, 17th & 24th; Dec 1st & 8th

Where: Troy Public Library's Lansingburgh Branch

114th Street & 4th Avenue in Lansingburgh

For more information & to register: Please contact Alissa Oakley at 518-274-7071 or email oakleya@uhls.lib.ny.us

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