



VanSchoonhoven Square
1 Vanschoonhoven Square Waterford, NY 12188

Take Charge of Your Health & Join the Living Healthy workshop Series!

Mondays 1:30-4pm at Vanschoonhoven Square

November 10, 17 & 24; December 1, 8 & 15

**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 Beth Bird, Service Coordinator, at:
518- 235-6709**

**"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