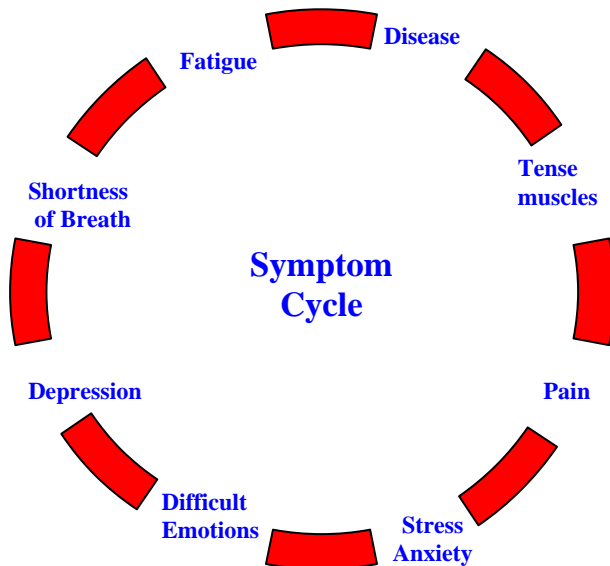


## Coming to Avila Retirement Community!

*Are you...* living with a chronic health condition like  
arthritis, heart disease, asthma, & diabetes  
or caring for someone who is?



Come join the **Living Healthy\*** workshop series & learn how to break the symptom cycle!

To register, please contact:  
Karen Hoogkamp at  
518-452-4250

\*Classes run for six consecutive weeks\*

**PLACE:** Avila – 100 White Pine Rd, Albany

**TIME:** Tuesday mornings, 9:30 am – 1200pm

\*Light refreshments will be served!

**DATES:** Starting in October running through mid November