



SIDNEY ALBERT ALBANY JEWISH COMMUNITY CENTER
340 Whitehall Road Albany, NY 12208 www.sajcc.org

FREE

2007 SENIOR WELLNESS PROGRAM

Mondays 9:30am -12pm at the **Albany JCC**

September 24, October 1, 8, 15, 22, 29

FREE TRAINING MATERIALS 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 **Claire Sigal, Director, Senior Adult Program, Albany JCC**

518-438-6651 x112 **ClaireS@sajcc.org**

"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, 2006

Healthy Choices
NEW YORK

www.albany.edu/aging/healthychoices

