

# Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

*Brings you...*

## **Living Healthy\* at Townsend Park apartments!**

A six week workshop for adults 60+ & their Caregivers

Do you Arthritis, Heart Disease, Osteoporosis or Diabetes?  
Or Are You Caring for Someone who Does?  
Join us & learn how to break the symptom cycle!

Time: Tuesday mornings, 9:30am-12pm

Dates: Oct 16, 23 & 30; Nov 7, 13 & 20

Place: Townsend Park apartments, 45 Central Ave in Albany

**Session 1:** Overview of self-management & chronic conditions • using your mind • making an action plan

**Session 2:** Feedback & problem solving • difficult emotions • fitness & exercise • making an action plan

**Session 3:** Better breathing • pain & fatigue • using your mind to manage symptoms • problem solving & action plans

**Session 4:** Nutrition • future plans for health care • communication • problem solving & action plans

**Session 5:** Medications • making treatment decisions • depression • using your mind • problem solving & action plans

**Session 6:** health professionals & health care systems • future plans • using your mind • problem solving & action plans

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