

Coming in September to Delmar Place!!

Healthy Choices
NEW-YORK
www.albany.edu/aging/healthychoices

Healthy Choices New York

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Healthy Choices New York: Living Healthy is a fun, interactive workshop series that empowers adults aged 60 years and over to take charge of chronic conditions such as arthritis, heart disease, osteoporosis or diabetes by discovering ways to better manage ongoing health needs. Workshops are held in small groups and are peer-led by experienced individuals. Classes run 2-1/2 hours long for six consecutive sessions. Overview:

Session 1: self management, chronic conditions, create an action plan

Session 2: feedback and problem-solving, emotions, fitness and exercise

Session 3: better breathing, pain and fatigue

Session 4: nutrition, future plans for health care, communication

Session 5: medications, treatment decisions, depression

Session 6: working with health professionals, care systems, create an action plan, using your mind to manage symptoms

Interested??

Next course: September 14, 21, 28
October 5, 12, 19 Fridays 9:30 to 12 noon

Host site: Delmar Place, Old Delmar Theatre
467 Delaware Ave., Delmar

Registration: Contact: Kristin Vivian, Activities
Space limited to 15 participants 434-4663



FREE. Materials provided. Healthy refreshments served.