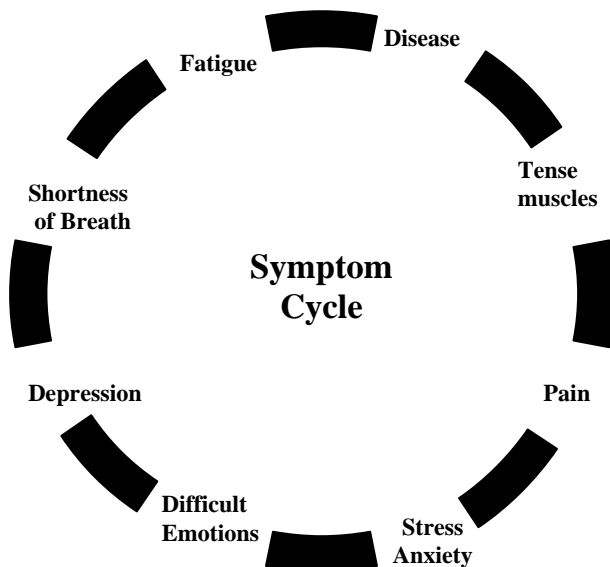


Now at the Green Island Senior Center!

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:
Rachel Perfetti at 518-272-7262

Classes run for six consecutive weeks

PLACE: Green Island Senior Center at 5 George Street
across from the Cornerstone apartments

TIME: Thursday afternoons, 1-3:30pm

DATES: Starting July 19 running through August 23