

**Do you have...Arthritis?
Heart Disease?
Osteoporosis?
Or Diabetes?
Or Are You Providing Care For Someone Who Does?**

Neighborhood Health Advocate Program offers
LIVING HEALTHY workshop to improve your life

**WHERE: Koinonia HealthCare classroom,
553 Clinton Ave, Albany.**

**WHEN: Wednesday mornings from 10 am-12 pm
June 27th through August 1st**

**WHAT: Six workshops on how to manage your health condition
and to improve health**

Participants receive a FREE workshop textbook and CD

Healthy Refreshments will be served

**RSVP to Tanya Zelman at (518) 465-2703 or
advocateforseniors@yahoo.com**