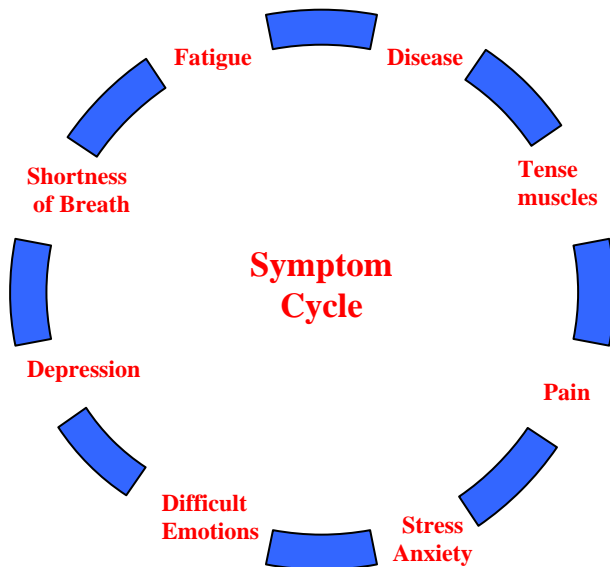


Join Our Lady of Grace in Living Healthy*!

Join members of Our Lady of Grace church in Ballston Lake in an exciting new workshop series called Living Healthy*.

Living Healthy* is a fun, interactive workshop series that empowers adults aged 60 years and over and their caregivers 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 individuals who also have experience living with the ups and downs of chronic conditions. Classes are 2 ½ hours and run for six consecutive weeks. During workshops, participants learn how to break the symptom cycle commonly experienced by those with ongoing health conditions.



To break the symptom cycle, workshop leaders demonstrate proven techniques in:

- **Problem-solving & action planning**
- **Relaxation/Pain management**
- **Communication skills**
- **Establishing exercise & nutrition goals**

The Living Healthy* workshop series will be held at our Lady of Grace, 73 Midline Road, starting this summer, July 12th, on Thursday mornings from 9:30 am to noon. Each participant will receive a free workshop textbook and relaxation CD. Light & healthy refreshments will provided as well.

To find out more about the class and register, please contact Karen Revitt at 518-442-5530 or email krevitt@uamail.albany.edu

“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