

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

Do you like to help others?

Are you interested in empowering your community to live healthy with chronic conditions like Heart Disease, Arthritis, Diabetes, and Osteoporosis?

Join us for Living Healthy* training days & become certified as a peer leader!

Teach classes right in your community with all necessary training & supplies provided for FREE.

To find out more about becoming a peer leader & upcoming trainings, please contact:

**Karen Revitt,
Project Coordinator, at
442-5530 or krevitt@uamail.albany.edu**

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