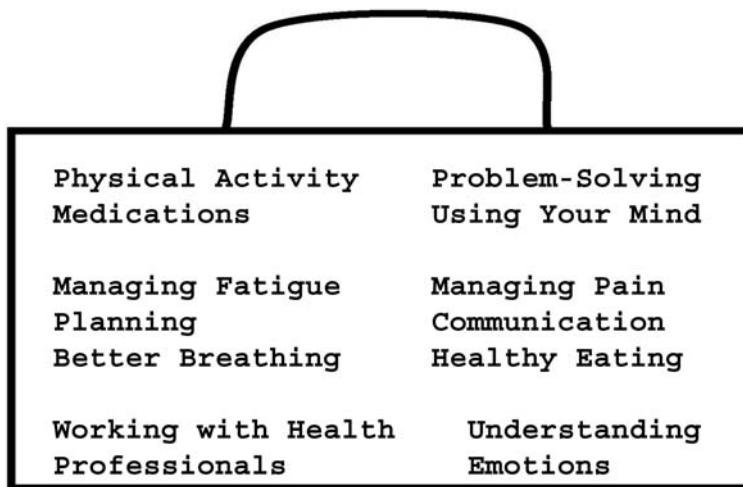


Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

Asks...

What's in your Self-Management Toolbox?



Are you living with a chronic condition like arthritis, heart disease, diabetes, or Asthma or caring for someone with an ongoing health concerns?

Come join us for Living Healthy*!
A six week workshop series for adults 60+ & caregivers
to learn proven techniques in self-management
of chronic conditions

For more information,
please contact:
Karen Revitt, Project Coordinator
518-442-5530
krevitt@uamail.albany.edu

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