



# CHOOSE HEALTHY WNY PROGRAM

With Diabetes

**MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!**

## Grand Island Golden Age Center

3278 Whitehaven Rd., Grand Island 14072

**6 Monday Sessions: September 18<sup>th</sup> – October 30<sup>th</sup>, 2023**

(Skip Monday, October 9<sup>th</sup>)

**Time: 1:00 p.m. - 3:30 p.m**

**No Cost to Participate!**

**\*Requirements: You must plan to attend all 6 sessions.**

Attend this 6-week evidence-based workshop to learn more about:

- ❖ Meal planning & healthy eating
- ❖ Managing stress & other symptoms
- ❖ Problem-solving & decision-making skills
- ❖ Fitness & exercise
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**
- ❖ Includes a Free Resource Book and Relaxation CD!



**Spaces Are Limited!!**

**Sign Up  
Today!**

To Sign Up or for more information:

Call Erie County Senior Services: 716-858-7470

or e-mail [Janice.Nowak@erie.gov](mailto:Janice.Nowak@erie.gov)



**Erie County Senior Services**  
Mark Poloncarz, County  
Executive

