





CHOOSE HEALTHY WNY PROGRAM

With Diabetes

MAKE THE CHOICE TO IMPROVE YOUR HEALTH

Grand Island Golden Age Center

3278 Whitehaven Rd., Grand Island 14072

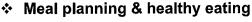
6 Monday Sessions: September 18th – October 30th, 2023 (Skip Monday, October 9th)

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:



- 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!





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Call Enie County Senior Services: 7/16 858-7/47/0

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Erie County Senior Services Mark Poloncarz, County Executive

