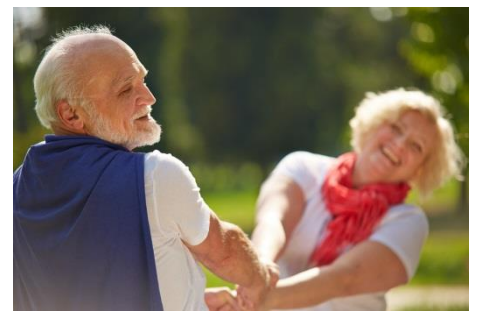


# CHOOSE HEALTHY WNY



## CHOOSE HEALTHY WNY PROGRAM

2024

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

Attend one of these 6-week evidence-based workshop and learn more about:

**Coping with pain, fatigue & stress**  
**Healthy eating, Fitness & exercise**  
**Problem solving & Decision Making**  
**Setting goals for improving health**  
**Effectively communicating with your doctor**  
**FEELING GREAT AGAIN!**



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

**To Sign Up or for more information:**  
**Call Erie County Senior Services: 858-7470**  
**or e-mail [Janice.Nowak@erie.gov](mailto:Janice.Nowak@erie.gov)**



### CHOOSE HEALTHY WNY WITH DIABETES

Includes a Consultation with an R.D. prior to the 1<sup>st</sup> workshop for eligible Medicare Recipients!

**Akron-Newstead Senior Center**  
5691 Cummings Rd., Akron 14001  
**Tuesdays:** April 2 – May 7  
**Time:** 1:00 – 3:30 PM

**Town of Aurora Senior Center**  
101 King St., Suite A, East Aurora 14052  
**Thursdays:** May 9 – June 13  
**Time:** 1:00 PM – 3:30 PM

**Northwest Buffalo Community Center**  
155 Lawn Ave., Buffalo 14207  
**Thursdays:** August 29 – October 3  
**Time:** 9:30 AM – 12:00 PM

**West Seneca Senior Center**  
4620 Seneca St., West Seneca 14224  
**Thursdays:** September 24 – October 29  
**Time:** 12:45 PM – 3:15 PM

**BFNC Life Center**  
419 Monroe St., Buffalo 14212  
**Wednesdays:** October 2 – November 6  
**Time:** 12:30 PM – 3:00 PM

### CHOOSE HEALTHY WNY *With Chronic Pain*

**Northwest Buffalo Community Center**  
155 Lawn Ave., Buffalo 14207  
**Thursdays:** March 21 – April 25  
**Time:** 9:30 AM – 12:00 PM

**West Seneca Senior Center**  
4620 Seneca St., West Seneca 14224  
**Mondays:** April 15 – May 20  
**Time:** 12:45 – 3:15 PM

**Orchard Park Senior Center**  
4520 California Rd., Orchard Park 14127  
**Mondays:** April 15 – May 20  
**Time:** 10:00 a.m. – 12:30 p.m.

**BFNC Life Center**  
419 Monroe St., Buffalo 14212  
**Wednesdays:** May 8 – June 12  
**Time:** 12:30 PM – 3:00 PM

**Grand Island Golden Age Center**  
3278 Whitehaven Rd., Grand Island 14072  
**Mondays:** June 3 – July 8  
**Time:** 1:00 PM - 3:30 PM

**Telephonic Workshops** also available based on interest and availability!

### CHOOSE HEALTHY WNY

*With Chronic Pain*

**Town of Aurora Senior Center**  
101 King St., Suite A, East Aurora 14052  
**Thursdays:** September 12 – October 17  
**Time:** 1:00 PM – 3:30 PM

**Akron-Newstead Senior Center**  
5691 Cummings Rd., Akron 14001  
**Thursdays:** October 10 – November 14  
**Time:** 1:00 – 3:30 PM

**Virtual Workshop**  
**Fridays:** November 8 – December 13