

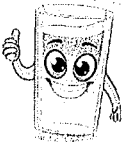


CHOOSE HEALTHY WNY

An SMRC Evidence-Based Self-Management Program originally developed at Stanford University



Healthy Living Self-Management Workshop



A 6-week
community
workshop series
for adults who are
ready to make the
choice to improve
their health today!

Register now!
Call- 858-8526 or

E-mail
ChooseHealthy@erie.gov
or www.wnyicc.org or

Sign up in the office

Put Life Back in Your Life!

- Lose weight, Manage Pain, Eat Healthier, Reduce Stress
- Tips to maintain a full and active lifestyle
- Learn new skills which enable you to overcome challenges regardless of your current condition
- Caregivers welcome
- Workshops are interactive and fun!
- **FREE** Resource Book and Relaxation CD

Grand Island Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

Each Tuesday: February 25 – March 31, 2020

Time: 1:00 PM – 3:30 PM



Erie County Senior Services
Mark Poloncarz, County Executive
David Shenk, Commissioner

