

Living Healthy 6-week Workshop

Feel **BETTER**, be in **CONTROL**, do the things **YOU** want to do.



Free to attend! Register Now!
Call Meg at 518-459-6422
All abilities welcome.

**Are you tired,
anxious, or in pain?**

**Are you unsure about
how to best handle an
ongoing health
condition?**

JOIN US!

**Discover fresh,
practical ways to live
better & healthier.
Learn the tools to
manage and take
control of your health
conditions.**

6-WEEK SERIES

Living Healthy Workshop

Hosted by

Niskayuna Senior Center

2682 Aqueduct Road

Niskayuna, NY 12309

Class are held on Thursdays at 1:00 from

October 20th - December 1st

Participants learn self-management techniques and skills for a variety of ongoing health conditions. www.ceacw.org