

DO YOU HAVE

Arthritis...Heart Disease...Diabetes?

Do you want to learn how to deal with an illness and still have a fulfilling life?

The Healthy Choices for Healthy Living Workshops will help you take charge of your life by teaching you how to be your own instrument of change!

Complete the six sessions and receive a free "Living a Healthy Life with Chronic Conditions" book and "Relaxation for Mind and Body" CD (valued at \$30.00). Workshop facilitators are Tewentahawih'tha' Cole and Susan Gale, RN.

Sleep & Relaxation
Understanding Emotions
Working with Health Pros

Making Decisions

Action Planning

HEALTHY LIVING

Communication Skills

Using Your Mind Problem Solving

Healthy Eating

Physical Activity

Weight Management

From January 27 to March
3, 2016

on Wednesdays

from 11:00 a.m. to
1:30 p.m. at the

Tsi Tetewatkins Senior
Center Sunroom

**Register for this free,
workshop by calling
Tewentahawih'tha' Cole
at 518-358-2963.**



Healthy Choices for Healthy Living utilizes the Chronic Disease Self-Management Program curriculum developed by Stanford School of Medicine Patient Education Research Center. Funding for this program is provided by NYSOFA, CSE & OAA Title III.E.

