

Reach Your Life-Style Change Goals with

Workshop Wednesdays

at the SRMT Senior Center
classes begin March 23

1:00 to 2:15 p.m.

Active Living Every Day (ALED; 12 Weeks)

If you've decided that you want to get off the couch and move, ALED offers you all the tools you need to take the first steps toward success. This 12-week class offers a step-by-step, personalized plan for building a more active life. You'll learn how enjoyable physical activity can be—even if you've NEVER been active before—and how easy it is to choose activities you enjoy that will make a difference.

4:30 to 7:00 p.m.

Chronic Pain Self-Management (6 Weeks)

Chronic pain includes many types of conditions from a variety of causes (arthritis, surgery, diabetes, etc.). Despite these differences, everyone in the class will have one very important thing in common—you are living with pain every day. To help you overcome your unique challenges with pain, this class will help you discover new tools, skills, and strategies that will make a difference for you. And you will be taught the principles to become an "active self-manager".

**We encourage Pre-Registration
& bringing a learning buddy
Call 518-358-2963 ext. 103**

Transportation Available for adults 55+

All learning materials and food will be offered

Each class series are free and open to community members age 18+

Funds provided by: Saint Regis Mohawk Tribe & New York State Office for the Aging