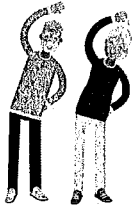


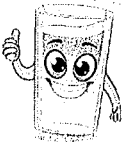


# CHOOSE HEALTHY WNY

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

