



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

FALL 2019

CHOOSE HEALTHY WNY



Call 858-8526
 For More Information

6-Week Community Workshops

- ❖ Learn to Eat well and Move safely
- ❖ Manage blood sugars
- ❖ Lose weight gradually
- ❖ Explore new treatment options
- ❖ Talk with your doctor
- ❖ **FEEL GREAT AGAIN!**



Includes FREE Consultation with a Registered Dietitian prior to the 1st workshop for eligible Medicare Recipients!

Community Concern of WNY
 6722 Erie Rd., Derby, NY 14047
 Tuesdays: September 10 – October 15
 Time: 9:00 AM – 11:30 AM

Amherst Senior Center
 370 John James Audubon Pkwy.,
 Amherst, NY 14228
 Thursdays: September 12 – October 17
 Time: 12:45 PM – 3:15 PM

Hamburg Senior Center
 4540 Southwestern Blvd.,
 Hamburg, NY 14075
 Fridays: September 13 – October 18
 Time: 9:00 AM – 11:30 AM

Hennepin Community Center
 24 Ludington St., Buffalo, NY 14206
 Wednesdays: September 18 – October 23
 Time: 9:00 AM – 11:30 AM

Clarence Senior Center
 4600 Thompson Rd., Clarence, NY 14031
 Fridays: September 20 – October 25
 Time: 9:00 AM – 11:30 AM

Town of Tonawanda Senior Center
 291 Ensminger Rd., Tonawanda, NY 14150
 Fridays: September 20 – October 25
 Time: 1:00 PM – 3:30 PM

Lancaster Senior Center
 100 Oxford Pl., Lancaster, NY 14086
 Wednesdays: September 25 - October 30
 Time: 12:30 PM – 3:00 PM

Town of Aurora Senior Center
 101 King St., East Aurora, NY 14052
 Fridays: October 4 – November 8
 Time: 9:15 AM – 11:45 AM

Gloria J. Parks Community Center
 3242 Main St., Buffalo, NY 14214
 Fridays: October 18 – November 22
 Time: 12:30 PM – 3:00 PM

Register Today!

To attend a 6-Week CHOOSE HEALTHY Workshop

- **Call:** The Erie County Senior Services at:
(716) 858-8526
 OR
- **Email:** Choosehealthy@erie.gov