



# CHOOSE HEALTHY WNY



## CHOOSE HEALTHY WNY PROGRAM

**MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!**

**Join one of our Virtual Workshops!**

Choose Healthy

6 Wednesday Sessions: March 10<sup>th</sup>–April 14<sup>th</sup> – 1:00 p.m.–3:30 p.m.

Choose Healthy with Diabetes

6 Friday Sessions: May 7<sup>th</sup>–June 11<sup>th</sup> – 9:30 a.m.–12:00 p.m.

You will receive a 1:1 Tech Support call prior to the first session!

**No Cost to Participate!**

**\*Requirements:** You must have a computer or tablet with internet access and an e-mail address to attend, and you must plan to attend all 6 sessions.

Attend one of these 6-week evidence-based workshops and discover how to:

- ❖ Cope with pain, fatigue & stress
- ❖ Eat well and manage weight
- ❖ Set goals for improving health
- ❖ Explore new treatment options
- ❖ Effectively communicate with your doctor
- ❖ **FEEL GREAT AGAIN!**
- ❖ Includes a Free Resource Book and Relaxation CD!



**Spaces Are Limited!**

**Sign Up Today!**

**To Sign Up or for more information:**

**Call Erie County Senior Services: 716-858-7470**

**or e-mail [Janice.Nowak@erie.gov](mailto:Janice.Nowak@erie.gov)**



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

