



CHOOSE HEALTHY WNY PROGRAM

MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!

Attend one of these 6-week evidence-based workshop and learn more about:

- ❖ Coping with pain, fatigue & stress
- ❖ Healthy eating, Fitness & exercise
- ❖ Problem solving & Decision Making
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**



To Sign Up or for more information:

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

or e-mail Janice.Nowak@erie.gov



CHOOSE HEALTHY WNY

Living Healthy Workshops

Virtual Workshop

Tuesdays: January 11 – February 15

Time: 9:30 AM – 12:00 PM

Clarence Senior Center

4600 Thompson Rd., Clarence 14031

Tuesdays: February 8 – March 15

Time: 9:30 AM – 12:00 PM

Schiller Park Senior Center

2057 Genesee St., Buffalo 14211

Wednesdays: February 9 – March 16

Time: 1:00 PM – 3:30 PM



CHOOSE HEALTHY WNY

WITH DIABETES

Includes a Consultation with an R.D. prior to the 1st workshop for eligible Medicare Recipients!

Virtual Workshop

Fridays: January 14 – February 18

Time: 9:30 AM – 12:00 PM

St. James House of Prayer

1221 Michigan Ave., Buffalo 14209

Mondays: January 17 – February 21

Time: 11:00 AM – 1:30 PM

Lackawanna Senior Center

230 Martin Rd., Lackawanna 14218

Thursdays: February 17 – March 24

Time: 9:30 AM – 12:00 PM

Town of Tonawanda Senior Center

291 Ensminger Rd., Tonawanda 14150

Fridays: February 18 – March 25

Time: 1:00 PM – 3:30 PM

Orchard Park Senior Center

4520 California Rd., Orchard Park 14127

Fridays: March 4 – April 8

Time: 9:30 AM – 12:00 PM

Cheektowaga Senior Center

3349 Broadway Ave., Cheektowaga 14227

Fridays: March 4 – April 8

Time: 1:00 PM – 3:30 PM



Erie County Senior Services
Mark Poloncarz, County Executive

