



## Diabetes or Healthy Living Self-Management Classes



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**

### Put Life Back in Your Life!

- Lose weight, manage pain, eat healthier, and reduce stress
- Tips to maintain a full and active lifestyle
- Learn new skills
- Workshops are interactive and fun!
- Free Resource Book and Relaxation CD



**Grand Island Golden Age Center**  
3278 Whitehaven Road, Grand Island 14072

**Tuesdays:** February 25 – March 31  
**Time:** 1:00 PM – 3:30 PM

**Amherst Senior Center**  
370 J. J. Audubon Pkwy., Amherst 14228  
**Fridays:** March 6 – April 17  
**Time:** 9:30 AM – 12:00 PM



**Includes a Consultation with an R.D. prior to the 1<sup>st</sup> workshop for eligible Medicare Recipients!**

#### **Northwest Buffalo Community Center**

155 Lawn Avenue, Buffalo 14207  
**Tuesdays:** February 4 – March 10  
**Time:** 9:30 AM-12:00 PM

#### **Buffalo Urban League**

86 Pine Street, Buffalo 14204  
**Mondays:** February 24 – March 30  
**Time:** 9:30 AM – 12:00 PM

#### **Seneca-Babcock Community Center**

1168 Seneca Street, Buffalo 14210  
**Mondays:** February 24 – March 30  
**Time:** 9:30 AM – 12:00 PM

#### **Lancaster Senior Center**

100 Oxford Ave., Lancaster 14086  
**Wednesdays:** March 11 – April 15  
**Time:** 12:30 PM – 3:00 PM

#### **Orchard Park Senior Center**

4500 California Road, Orchard Park 14127  
**Thursdays:** March 26 – April 30  
**Time:** 12:45 PM – 3:15 PM



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

