



To Register for our Living Healthy Workshops

Please Sign Up at the Site OR

**Contact: The Erie County Department of
Senior Services at: (716) 858-8526
OR**

Register online at: www.ceacw.org

Through our 6-week group workshops
YOU CAN MAKE A CHANGE FOR LIFE!

**Living Healthy Diabetes
Self-Management Program**

William-Emslie Senior Center

585 William St.
Buffalo, NY 14206
Mondays: April 11 – May 16, 2016
Time: 9:30 AM – 12:00 PM

Hamburg Senior Community Center

4540 Southwestern Blvd.
Hamburg, NY 14075
Tuesdays: May 3 – June 7, 2016
Time: 9:30 AM - 12:00 PM

Amherst Senior Center

370 John James Audubon Parkway
Amherst, NY 14228
Fridays: May 20 – June 24, 2016
Time: 9:30 AM – 12:00 PM

West Seneca Senior Center

4620 Seneca St.
West Seneca, NY 14224
Wednesdays: May 25 – June 29, 2016
Time: 9:45 AM – 12:15 PM

Tonawanda Senior Center

291 Ensminger Rd.
Tonawanda, NY 14150
Fridays: June 3 – July 8, 2016
Time: 1:00 - 3:30 PM

**Living Healthy Chronic Disease
Self-Management Program**

Amherst Senior Center

370 John James Audubon Parkway
Amherst, NY 14228
Fridays: April 1 – May 6, 2016
Time: 9:30 AM – 12:00 PM

Concord Senior Center

40 Commerce Dr.
Springville, NY 14141
Mondays: April 4 – May 9, 2016
Time: 12:30 PM – 3:00 PM

Tonawanda Senior Center

291 Ensminger Rd.
Tonawanda, NY 14150
Fridays: April 15 – May 20, 2016
Time: 1:00 PM - 3:30 PM

Cheektowaga Senior Center

3349 Broadway
Cheektowaga, NY 14227
Fridays: April 29 – June 3, 2016
Time: 12:45 PM - 3:15 PM

Schiller Park Senior Center

2057 Genesee St.
Buffalo, NY 14211
Tuesdays: May 3 – June 7, 2016
Time: 9:30 AM - 12:00 PM

Clarence Senior Center

4600 Thompson Road
Clarence, NY 14031
Wednesdays: June 1 – July 6, 2016
Time: 6:30 PM – 9:00 PM

**Evening
Class!**

Register Today!

At the Site or Call (716) 858-8526