

Do you have an ongoing chronic health condition and want to take charge of your life?

Then join us
Thursdays, 1 – 3:30 pm
April 23rd – May 28th
for our Free
Living Healthy Series

Location:
Wini Kettle Senior Center
28 Thomas Indian School Drive
Irving, New York 14081



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. *Living Healthy* workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life!

Join us and start **LIVING HEALTHY**



For details and to register call Betsy (716) 532-5777 ext. 5508