



Living Healthy NY

Community Workshops



Brought to you by
Erie County Senior
Services

You Can Manage!



LIVING HEALTHY DIABETES

SELF-MANAGEMENT WORKSHOP

- Six-week workshop series for older adults with Diabetes and/or their caregivers who want to learn skills to better manage their condition.
- 2 ½ hour class session once a week
- Better management of pain
- Less time in the hospital
- Increase your physical activity
- Improve communication with your healthcare providers
- Increase your energy
- Improve the quality of your life
- Increase your confidence to manage your condition

LOCATION:

Aurora Senior Center
101 King St, East Aurora

DATES: Wednesdays

Aug. 24, 31, Sep. 7, 14, 21, 28

TIME: 12:45 - 3:15 PM

2 ½ hour session once a week

****FREE****

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**