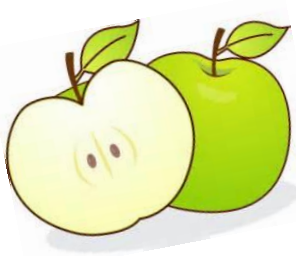

Wellness Program

The focus of the program will include:

- Individual Weigh Ins
- Cooking Healthy for 1 or 2
- Chronic Disease Prevention/ Management
- Eating Out

This program is five sessions long and will begin on Friday, January 26, 2018. The program will be on Friday's beginning at 11 a.m. in the Senior Center.

Located at the Health and Senior Services Building, 2465 Bonadent Drive, Suite 4, Waterloo, NY 13165

(Old Bonadent Building)

These will be fun interactive sessions—come join us and make 2018 your healthiest year yet!!!