



Take Charge of your Health with

Living Healthy Workshops

Seneca
Towns
Engaging
People for
Solutions



If you or someone you know has ongoing health concerns, this FREE series of evidence-based workshops are for YOU.

With This Program

You Can:

- Learn techniques to manage symptoms like frustration, fatigue, pain and limitations
- Improve problem-solving and decision-making skills
- Start eating and exercising to improve your health
- Create an action plan for a healthier life
- Have the support of others like you!



Location: Interlaken Reformed Church
8315 North Main Street, Interlaken NY 14847

Dates: Wednesdays June 10, 17, 24
July 1, 8, 15 2019

Incentive: Complete a 6 week program receive a \$50.00 gift card

Complete a 6 month questionnaire receive a \$50.00 gift card

Time: 1:00 p.m.—3:30 p.m.

RSVP: Please call to be sure there is space

Developed by Stanford University of Medicine to help anyone living with long-term health conditions manage their symptoms and improve their health.

This program is provided for you at no cost!

Contact for more information:
MaryLois Schott 315-539-1784

Or go online at

<https://compass.qtacny.org/find-a-workshop>