



Choose Healthy WNY Workshops

Do you know someone living with diabetes or chronic disease who is looking to better manage their health? Through a partnership with the Western New York Integrated Care Collaborative, People Inc. is presenting a series of health and wellness classes, called Choose Healthy Western New York Workshops! The curriculum was developed and tested by Stanford University and is an evidence-based program. Each workshop is taught by certified People Inc. staff members. Find the session that works best for you!

Diabetes Self-Management

Saturdays, July 27 to August 31, 2019

8:30 to 11 a.m.

People Inc. Marigold Senior Living
3026 Grand Island Blvd., Grand Island

Chronic Disease Self-Management

Mondays, September 9 to October 14, 2019

1 to 3:30 p.m.

Academy Place Apartments
1 School Street, Gowanda

Diabetes Self-Management

Tuesdays, October 1 to November 5, 2019

1 to 3:30 p.m.

People Inc. Sunflower Senior Living
146 Franklin Street, Lackawanna

Diabetes Self-Management

Saturdays, October 5 to November 9, 2019

1 to 3:30 p.m.

People Inc. Marigold Senior Living
3026 Grand Island Blvd., Grand Island



**For more information or to register,
visit wnyicc.org or call 716.773.0907.**