



# Living Healthy

## Chronic Disease Self-Management Workshop

*A FREE six-week workshop series for older adults who have a chronic condition or are caring for someone who does*

**Each Thursday from August 17 - September 21 • 1 to 3:30 p.m.**

People Inc. Walnut Senior Living • 804 Union Road, West Seneca

### Put Life Back in Your Life

- Enhance your ability to better manage your health
- Tips to maintain a full and active lifestyle
- Learn new skills which enable you to confront challenges of living with a chronic disease

**\$30 Wegmans gift card  
for attendees who  
complete workshop**

**To register, please sign up online at [ceacw.org](http://ceacw.org) or call 716.773.0907**

