CENTER FOR EXCELLENCE IN AGING & COMMUNITY WELLNESS
Living Healthy NY
Community Workshops

Living Healthy, NY **in partnership with**
SARATOGA COUNTY OFFICE FOR THE AGING
Present...

Living Healthy 6-week Workshop

Feel BETTER, be in CONTROL, do the things YOU want to do.

REGISTER NOW! FREE to ATTEND

518-884-4110

Are you tired, anxious or in pain?

Are you unsure about how to best handle an ongoing health condition?

JOIN US!

Discover fresh, practical ways to live better & healthier.

Learn the tools to manage and take control of your health.

FREE 6-WEEK
Living Healthy Workshop

WEDNESDAYS
11:30 am - 2:00 pm
May 11, 18, 25
June 1, 8, 15

Saratoga Regional YMCA
290 West Ave
Saratoga Springs

Participants will receive a FREE Living Healthy Book and Relaxation CD valued at over $25!

518-884-4110 REGISTER NOW FOR A LIVING HEALTHY WORKSHOP NEAR YOU!