



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

TUESDAYS
9:30 to Noon
September 15, 22, 29,
October 6, 13, 20

**ADULT AND SENIOR CENTER OF
SARATOGA**
5 WILLIAMS STREET
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!