



CHOOSE HEALTHY WNY
WITH DIABETES



CHOOSE HEALTHY WNY PROGRAM

Diabetes Self-Management Workshop

MAKE THE CHOICE TO IMPROVE YOUR LIFE TODAY!

Town of Aurora Senior Center

101 King St., Suite A, East Aurora 14052

6 Thursday Sessions: May 9th – June 13th, 2024

Time: 1:00 p.m. - 3:30 p.m

No Cost to Participate!

You must plan to attend all 6 sessions

Attend this 6-week evidence-based workshop to learn more about:

- ❖ Meal planning & healthy eating
- ❖ Managing stress & other symptoms
- ❖ Problem-solving & decision-making skills
- ❖ Fitness & exercising safely
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**
- ❖ Includes a Free Resource Book!



**Sign Up
Today!**

Spaces Are Limited!

To Sign Up or for more information:

Call Erie County Senior Services: 716-858-7470

or e-mail Janice.Nowak@erie.gov



Erie County Senior Services
Mark Poloncarz, County
Executive

