



Better Choices, Better Health[®]

Help manage an ongoing health condition with **FREE** classes

- Do you need tips to talk with family, friends, and healthcare providers about your health?
- Do you want to set goals, increase skills and make a plan to improve health?
- Are you interested in learning how to eat healthy and exercise?
- Understand how to use medications!
- Receive education materials!

What: 6-week series that meets on Wednesdays

When: September 19, 26, October 3, 10, 17 and 24
10:00 AM - 12:30 PM

Where: Wyandanch Senior Nutrition Center
28 Wyandanch Avenue
Wyandanch, NY 11798

- If you are insured by Medicaid, ask how to receive a \$30 gift card!
- Caregivers of those with a health condition may also attend!

Register now - Classes filling quickly!
To register, RSVP at (631) 979-9490 ext. 16
or email livinghealthy@rsvpsuffolk.org



Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness Program

