



#### Participant Testimonials:

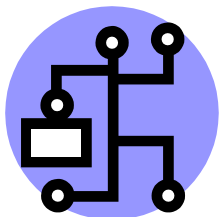
“ I learned more about Diabetes after 17 years of having Diabetes myself.” - Participant at Calvin Richards.

“ I feel it’s going to help me get motivated to get moving and exercise more.” Participant at Calvin Richards

“It was very helpful information. Now it is my job to apply the information to daily living.” Participant at Calvin Richards

“It was very motivational. The speaker was enthusiastic and it was an excellent presentation.” Participant at John Duke Senior Center.

‘It was fun sharing ‘getting old’ with my friends and even the new friends. It’s amazing how each person treats aging.’ Participant at North Tonawanda Senior Center.



#### Lessons learned:

People are eager for good health information, especially when presented in a humorous and interactive format. And, in making a commitment of their time, they are more likely to incorporate what they learn into their lifestyles.



**Come share the knowledge and fun with us.**

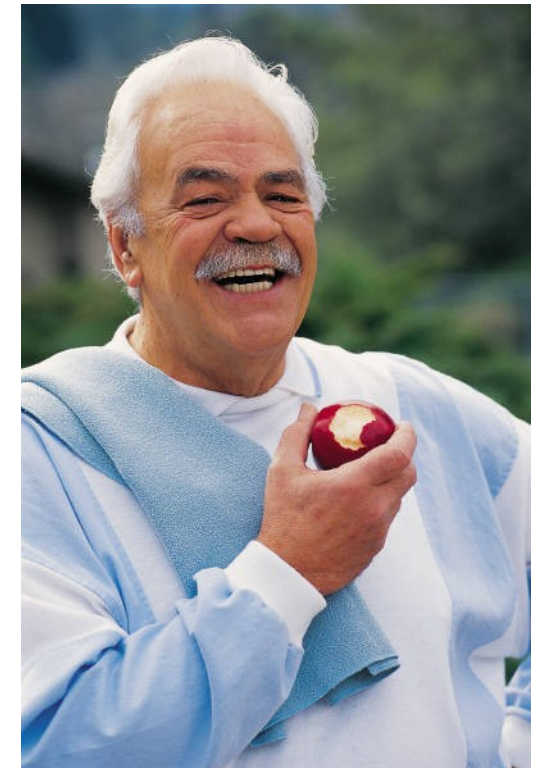
This Program is funded by the Niagara County Office for the Aging under the Title III D funding to provide health promotion to older adults in Niagara County.

For More Information call the Niagara County Office for the Aging at 438-4020

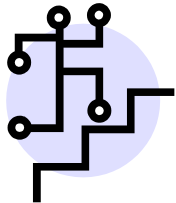
**Sponsored by: McLaughlin Center/DeGraff Hospital, DeGraff Adult Day Care, Niagara County Health Department and Niagara County Office for the Aging**



## **Stay Well Health Promotion Program**



● ● ● | Stay Well Program



Most individuals who have lived to be 60 years or older have endured some changes to their mind, body and spirit. This program doesn't promise to eliminate these changes, but does offer a safe environment to identify these changes, slow down progression of these changes and/or improve those changes that have already occurred.

This program addresses the general needs of an older person to help maintain a high level of independence. The focus of the Stay Well Program is to educate older adults on self-management behaviors geared toward good health and wellness.

This program will help you set goals for a healthier lifestyle in only six weeks.

Join us for interactive presentations, good food, great giveaways and fun!

The presentations include:

Growing Old Gracefully

You are What you Eat

Less Talk, Let's Eat

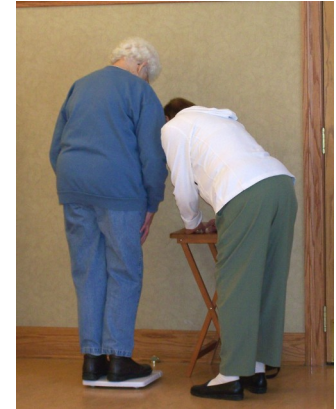
Stress Less ... Live Longer

Let's Get Moving

Stay Well! Now you are in Charge  
(Includes emergency preparedness)



Each Week you will be weighed .



Also get your blood pressure taken.

