



Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228



Health & Wellness

August 2016

Date/Time	Event	Other information
Tuesday, August 2 from 10:00-noon	Blue Cross Blue Shield	Insurance Information Seminar
Wednesday, August 10 from 10:00 a.m.-noon	Univera	Insurance Information Seminar
Tuesday, August 16 from 10:00 a.m.-noon	Blue Cross Blue Shield	Insurance Information Seminar
Thursday, August 4 at 11:30 a.m.	"Healthy Tidbits" Living to be 100	Information on healthy living open discussion
Wednesday, August 31 at 11:30	Preventing Dehydration	
Saturday, August 6 from 9:00 a.m.-Noon	Family Health Fair	Senator Michael Ranzenhofer Co Sponsors Assemblywoman Jane Corwin and Assemblyman Raymond Walter Kaleida Health & Amherst Center for Senior Services
Wednesday & Thursday 11:00 a.m.-noon	Blood Pressure Screening	
Monday, August 1 at 12:45 p.m.	Ask the Dietician	EC Dietician Janice Nowak RSVP information table information table Provide by Amherst Town Clerk Office
Thursday, August 11 at 10:30 a.m.	Mutual Omaha	
Thursday, August 11 at 10:30 a.m.	Elderwood	
Friday, August 26 from at 10:00 a.m.-noon	Accessible Parking Permits	
Everyday	Journey to Health 2016	One point will be given per healthy activity & two points per individual event.
Everyday Open Center Hours	Wellness Room Open	Doctor's Release required to use equipment see Program Department for form
Tuesdays at 2:30 p.m.	"Get in Shape"	Walk in Walton Woods

**Check the
Monthly Network
Newsletter
for more information**