



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



Health & Wellness

August 2017

Date & Time	Event	Other information
<p>Saturday, August 5 9:00 a.m.- noon</p>	<p>Family Health Fair Senator Michael Ranzenhofer</p>	<p>Open to the community for ALL ages</p>
<p>Fridays, August 11- September 15</p>	<p><u>Living Healthy Workshop</u> Chronic Disease Self Management</p>	<p>Contact Erie County Senior Service to register 858-8526</p>
<u>Insurance</u>		
<p>Tuesday, August 8 at 10:30 a.m. Tuesday, August 22 at 10:00 am. Wednesday, August 30 at 10:00am</p>	<p>BCBS BCBS Univera</p>	<p>Just drop in</p>
<p>Wednesdays 11:00 a.m.-noon Friday, August 18 at 10:00 a.m.-noon</p>	<p>Blood Pressure Screening</p>	<p>Volunteer Sid Fish Pharmacist from Walgreens</p>
<p>Everyday</p>	<p>Journey to Health 2017</p>	<p>Quarterly incentives will be given for highest points. Sign up in the Program Office to get started</p>
<p>Everyday from 8:30 a.m.-4:15 p.m.</p>	<p>Wellness Room Open</p>	<p>Doctor's Release required to use equipment see Program Department for form</p>
<u>Information Table</u>		
<p>Wednesday, August 9 at 10:30.am. Thursday, August 10 at 10:00 a.m. Thursday, August 10 at 10:00 a.m.</p>	<p>Elderlaw Elderwood Independent Health Family</p>	<p>Just Stop In</p>
<p>Tuesday, August 8 at 10:30 a.m. Wednesday, August 9 at 10:30 a.m. Thursday, August 17 at 11:00 a.m. Thursday, August 24 at 10:45 a.m. Friday, August 25 from 10-noon</p>	<p>Reflexology Heat And Hydration Rheumatoid Arthritis Support Group Osteoporosis Assessable Tags</p>	<p>RSVP RSVP Contact Donna at 830-3861 RSVP Presented by BCBS Amherst Town Clerk Office</p>
<p>Make reservations at the I & A Desk, 636-3055 ext. 3108</p>		
<u>Save the Dates</u>		
<p>Friday, September 8 from 10:00-noon Tuesday, September 12 at noon Saturday, October 21 from 9-noon</p>	<p>Flu and Pneumonia Shots Rheumatoid Arthritis Answers Health & Wellness Fair</p>	<p>Presented by Wegmans Presented by Brain and Spine Center Various vendors promoting healthy living</p>