



<b>Date/Time</b>	<b>Event</b>	<b>Other information</b>
January 14 from 10:00 a.m.-noon	Blue Cross Blue Shield	Insurance Information Seminar
January 15 from 10:00 a.m.-noon	United Health Care	Insurance Information Seminar
January 20 from 10:00 a.m.-noon	Univera	Insurance Information Seminar
<b>“Healthy Tidbits”</b>		
January 4 at 11:30 a.m.	Making Smart Food Choices	Information on healthy living open discussion
January 15 at 11:30 a.m.	Free yourself from Heartburn pain	
January 27 at 11:30 a.m.	Body Mass Index	
January 11 at 1:00 p.m.	Healthy Eating Club	Zucchini applesauce oatmeal cookies
January 14 at 10:30 a.m.-noon	Elderwood Information Table	In the gallery
January 19 at 10:45 a.m.	Acute Rehab	Presented by Catholic Health
January 19 at 11:00 a.m.-1:00 p.m.	Mutual of Omaha information table	In the gallery
January 26 at 9:30 -11:30 a.m.	Hearing Screening	Presented by Zounds Hearing
January 28 at 10:30 a.m.	Diabetes Information Session	Lead by Sid Fish
January 29 at 10:00 a.m.-noon	Accessible Parking Permits	Provide by Amherst Town Clerk Office
Wednesday & Thursday 11:00 a.m.-noon	Blood Pressure Screening	
Everyday Closed January 14 & 19 8:30 a.m.-11:15 a.m.	Journey to Health 2016	One point will be given per healthy activity & two points per individual event. Quarterly incentives will be given for highest points.
Everyday from 8:30 a.m.-4:15 p.m.	Wellness Room Open	Doctor's Release required to use equipment see Program Department for form

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



For more information  
see the monthly  
Network Newsletter

**Make Reservations at the  
Information & Assistance Desk,  
636-3055 ext. 3108**