



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



Health & Wellness

July 2017

Date & Time	Event	Other information
<u>Insurance</u>		
Tuesday, July 11 from 10:00 a.m.-noon	BCBS	Just drop in
Tuesday, July 25 from 10:00 a.m.- noon	BCBS	
Wednesday, July 26 from 10:00 a.m.-noon	Univera	
<u>Living Healthy Workshop</u>		
Fridays, August 11- September 15 from 9:30-noon	Chronic Disease Self Management	Contact Erie County Senior Service to register 858-8526
Monday, July 10 at 10:45 a.m.	Benefit of Essential Oils & Chair massage	RSVP 636-3055 ext. 3108
Thursday, July 20 at 11:00-1:00 p.m.	Rheumatoid Arthritis Support	RSVP with Donna at 830-3861
Wednesday, July 26 at 10:45 a.m.	How to Prevent Arthritis	Presented by Empower PT
Wednesdays 11:00 a.m.-noon	Blood Pressure Screening	Volunteer Sid Fish
Monday, July 17 10-noon		Courtesy of Walgreens
Everyday	Journey to Health 2017	Quarterly incentives will be given for highest points. Sign up in the Program Office to get started
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
<u>Information Table</u>		
Wednesday, July 12 at 10:30 a.m.	Elderlaw	Just Stop In
Thursday July 13 from 10:00-noon	Elderwood	
Thursday, July 13 at 10:00 a.m.	Independent Health Family Choice	
Friday, July 28 from 10-noon	Assessable Tags	Amherst Town Clerk Office
Save the Date: Saturday, August 5 9:00 a.m.-noon	Senator Michael Ranzenhofer Family Health Fair	Open to the Public for ALL ages