



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



Health & Wellness

June 2016

Date/Time	Event	Other information
June 7 from 10:00 a.m.-noon June 8 from 9:30-11:30 a.m. June 21 from 10:00 a.m.-noon	Blue Cross Blue Shield Univera Blue Cross Blue Shield	Insurance Information Seminar Insurance Information Seminar Insurance Information Seminar
June 21 at 11:30 a.m. June 30 at 11:30 a.m.	"Healthy Tidbits" Healthy Food Guidelines Dining Out Smart Choices	Information on healthy living open discussion
June 6 from 9:00 a.m.-noon June 9 from 10:00 a.m.-noon June 14 from 10:00 a.m.-noon June 15 at 11:40 a.m. June 15 at 4:30 p.m. June 16 at 12:45 p.m.	Medicare 101 Mutual Omaha Elderwood World Elder Abuse Day Rheumatoid Arthritis Tinnitus	RSVP Information Table Information Table Presented by Adult Protective Services Presented by Invision Health Presented by Hearing Evaluation of bfl.
Wednesday & Thursday	Blood Pressure Screening	
June 24 at 10:00 a.m.-noon	Accessible Parking Permits	Provide by Amherst Town Clerk
Everyday 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. 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
Tuesdays at 2:30 p.m.	Get in Shape	Walk in Walton Woods meet in the lobby

Save the Date:

July 6 10:45 a.m. Osteoporosis
Fridays, July 8-August 12 from 9:30 a.m.-noon
Chronic Disease Self Management
Saturday, August 6 from 9-noon
Annual Health Fair
Presented by Michael Ranzenhofer

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