

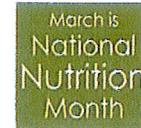


Amherst Center for Senior Services
370 John James Audubon Pwky
Amherst, NY 14228



March 2017

Health & Wellness



Bite into a Healthy Lifestyle!

Date & Time	Event	Other information
<u>Insurance</u>		
Tuesday, March 7 & 21 from 10:00 a.m.-noon	BCBS	Just drop in
Friday, March 10 from 10:00 a.m.-noon	United Healthcare	Insurance Information Seminar
Wednesday, March 22 from 10:00 a.m.-noon	Univera	Insurance Information Seminar
<u>"Healthy Tidbits"</u>		
Monday, March 6 at 11:30 a.m.	Healthy Eating	Information on healthy living
Tuesday, March 21 at 11:30 a.m.	Low Calorie Snacks	open discussion in the Dining Room
March 1-April 5 from 9:30 a.m.-noon	Workshop Chronic Disease Management	Presented by Erie County Senior Services
Wednesday, March 8 at noon	Rheumatoid Arthritis Lunch Seminar	Presented by WNY Rheumatology Center
Wednesday & Thursday 11:00 a.m.-noon	Blood Pressure Screening	
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>National Nutrition Month</u>		
All Month	Nutrition Information Table	Outside the Dining Room
March 3, 8, 14, 20 & 30 at Noon	Nutrition Games	In the Dining Room
March 7 from 10:00-Noon	Blood Pressures & Information	Presented by Wegmans
March 7, 15 & 23 at 11:00 a.m.	Meet the Dietician	Presented by EC Dietician Janice
March 27 at 10:45 a.m.	Understanding my Plate	RSVP ext. 3108
Monday, March 27-Friday 31	Healthy Eating Scavenger Hunt	Throughout the center
Every Day	Non Perishable Food Drive	Town Square for Aging Food Pantry
<u>Information Table</u>		
Thursday, March 9 at 10:00 a.m.-noon	Elderwood	Just stop in
Thursday, March 9 at 10:00-noon	Clear Caption	
Save the Dates:		
May 1-June 7, 9:30 a.m.-noon	Living Healthy Workshop on Diabetes self Management	To register 858-8526