



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



Health & Wellness

May 2017

Date & Time	Event	Other information
<u>Insurance</u>		
Tuesday, May 2 at 10:00 a.m.	BCBS	Just drop in Insurance Information Seminar
Tuesday, May 23 at 10:00 a.m.	BCBS	Insurance Information Seminar
Wednesday, May 24 at 10:00 a.m.	Univera	Insurance Information Seminar
<u>Living Healthy Workshop</u>		
Wednesday, May 3-June 7 from 9:30-noon	Diabetes self management	Contact Erie County Senior Service to register 858-8526
Wednesday May 17 at 10:45 a.m.	Cardio Pulmonary Presentation	RSVP 636-3055 ext. 3108
Wednesday, May 17 at 5:30 p.m.	Retirement Planning Mistakes	RSVP at 743-6262 ext. 2
Friday, May 19 at 10:00 a.m.	Brown Bag Medication	Presented by Walgreens Pharmacist
Monday, May 22 from 9:00-11:30 a.m.	Hearing Screening	Presented by Zounds Hearing sponsored: Clear Caption
Thursday, May 25 at 11:00 -1:00 p.m.	Rheumatoid Arthritis Support group	Contact Donna at 830-3861
Wednesday, May 31 at 11:30 a.m.	National Health & Fitness Day	<i>"With Movement There's Improvement"</i>
<u>Caregivers Workshop</u>		
May 24 at 5:00-7:00 p.m.	Sponsored by 	Reservations are required by calling 636-3055 ext. 3108. Complimentary dinner will be served Sponsored by 
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
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>		
Thursday, May 11 at 10:00 a.m.	Elderwood	Just Stop In
Thursday, May 18 at 10:00 a.m.	EPIC	
Thursday, May 11 at 10:30 a.m.	ElderLaw Attorney Ruth George	
Thursday, May 11 at 10:30 a.m.	Alzheimer Association	
Thursday, May 11 at 10:00	Independent Health & Family Choice	
Friday, May 12 at 10:30 a.m.	Kaleida Health/Millard Fillmore Hospital & Stroke Presentation	
Monday, May 22 at 9:00 a.m.	Clear Caption	
Save the Dates:		
Wednesday, June 14 at 5:00 p.m.	Reinvention: Using Creativity to Discover the Next Step in Retirement	RSVP by 6/9 at 636-3055 ext. 3108. Complimentary Dinner Sponsored by 