



Date/Time	Event	Other information
December 2 at 1:00-4:00 p.m.	Blue Cross Blue Shield	Insurance Information Seminar
December 9 at 10:00 a.m.-noon	Univera	Insurance Information Seminar
December 18 at 10:00 a.m.-noon	United Health Care	Insurance Information Seminar
December 4 at 11:30 a.m.	Organic : Are they good for you?	Information on healthy living
December 14 at 11:30 a.m.	Does your Refrigerator Need a Makeover	open discussion
December 3 at 10:30 a.m.	Medication use safety	Presented by UB School of Pharmacy
December 4 and 11 at 10:00 a.m.	Blood Pressures	Niagara University Nursing Students
December 14 at 1:00 p.m.	Healthy Eating Club	Room 2
December 11 at 10:30 a.m.	Does the Weather Really Affect my Arthritis?	Presented by Chris Johnson PT Weinberg
December 17 at 10:30 a.m.	Diabetes Information session	Led by Sid Fish
		RSVP 636-3055 ext. 3108*
December 18 at 10:00 a.m.-noon	Accessible Parking Permits	Provided by Amherst Town Clerk Office
Wednesday & Thursday 1:00 a.m.-noon	Blood Pressure Screening	
Everyday	Journey to Health 2015	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



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