



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



Health & Wellness

June 2017

| Date & Time | Event | Other information |
|---|---|--|
| <u>Insurance</u> | | |
| Wednesday, June 7 from 10-noon Tuesday, June 27 from 10-noon Wednesday, June 28 from 10-noon | BCBS BCBS Univera | <u>Just drop in</u> Insurance Information Seminar Insurance Information Seminar Insurance Information Seminar |
| <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 |
| Thursday, June 8 at 11:00 a.m. Thursday, June 8 from 10:00 a.m.-noon Thursday, June 15 at 11:00 a.m.-1:00 p.m. Wednesday, June 14 at 5:00 p.m. | Medicaid Presentation Blood pressure screening Rheumatoid Arthritis Support Group Reinvention: Next Step in Retirement | Presented by EC Inspector General Sponsored by Wegmans Contact Donna at 830-3861 RSVP by 6/9 at 636-3055 ext. 3108. |
| 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>Information Table</u> | | |
| Thursday, June 8 from 10:00-noon Thursday, June 8 from 10:00-noon Thursday, June 15 from 10:00-noon Thursday, June 29 from 10:00 –noon | Elderwood Independent Health & Family Choice World Elder Abuse Awareness Day EPIC | Just Stop In |
| Friday, June 30 from 10-noon | Assessable Tags | Amherst Town Clerk Office |