



What our Participants say:

I learned more about Diabetes after 17 years of having Diabetes myself.

I feel it's going to help me get motivated to get moving and exercise more!

It was very helpful information. Now it is my job to apply the information to daily living.

It was very motivational. The speaker was enthusiastic and it was an excellent presentation!

It was fun sharing 'getting old' with my friends and even the new friends. It's amazing how each person treats aging...

People are eager for good health information, especially when presented in a humorous and interactive format. And, in making a commitment of their time, they are more likely to incorporate what they learn into their lifestyles.



This Program is funded by the Niagara County Office for the Aging under the Title III D funding to provide health programs to older adults in Niagara County.

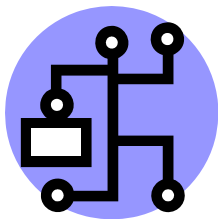
Call for more information

**Niagara County Office for the Aging
438-4020**

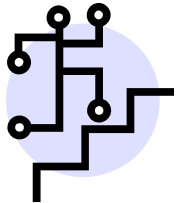
**Sponsored by:
The McLaughlin Center/
DeGraff Memorial Hospital,
DeGraff Adult Day Care,
Niagara County Health
Department and Niagara
County Office for the Aging**



Stay Well Health Promotion Program



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Most individuals who have lived to be 60 years or older have experienced some changes to their mind, body and spirit. The Stay Well program doesn't promise to eliminate these changes. But does offer an informal and friendly environment in which to identify these changes, and provide tips and information to slow down progression of these changes.

The Stay Well program addresses the general needs of an older person to help maintain a high level of independence. The focus of the Stay Well Program is to educate older adults on self-management of behaviors geared toward good health and wellness.

This **free** program will help you set goals for a healthier lifestyle in only six weeks.

Join us for interactive presentations, good food, great giveaways and fun!

The presentations include:

Growing Old Gracefully

You are What you Eat

Less Talk, Let's Eat

Stress Less ... Live Longer

Let's Get Moving

Stay Well! Now you are in Charge!

Towel Movements!

(Exercise)



Weekly weigh-ins



Weekly blood pressure taken.