Ulster County Office for the Aging

CENTER FOR EXCELLENCE IN AGING & COMMUNITY WELLNESS

Living Healthy NY

Community Workshops

FREE SERIES Living Healthy NY

FREE Workshops!

These workshops teach you the skills needed in the day-to-day management of any type of ongoing health condition, in order to maintain and/or increase an active and fulfilling lifestyle.

For People Living with Chronic Disease and For Caregivers!

Easy Registration!

Ulster County Office for the Aging

845-340-3456

Three Locations!!

Saugerties Library, Oct 10- Nov 14

Wingate in Highland, Oct 15- Nov 19

Gov. Clinton Apartment, Kingston,

Oct 23- Dec 4

FREE OFFER! Call to reserve your spot!