

Utica Public Library
Health Spotlight
www.uticapubliclibrary.org



Living Healthy NY Community Workshops

The Utica Public Library, 303 Genesee St., hosts

Living Healthy NY Community Workshops

MONDAYS, Apr. 23 & 30, May 7, 14, & 21, June 4 & 11 1pm to 4pm

Do you feel tired? Do you hurt most of the time? Does it sometimes feel like your health problems control you?

FIND THE ENERGY TO DO THE THINGS THAT MATTER TO YOU, AND PUT THE LIFE BACK IN YOUR LIFE!

"I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Healthy NY workshops put me back in charge."

These free workshops begin on April 23rd and will be held at the Utica Public Library in the Music Room.

The Oneida County Healthy Living NY Program workshops, are part of the Healthy Choices NY series of initiatives, bringing people with chronic diseases, family members, and care givers together in a community setting to learn healthier ways to live, gain confidence, and motivation to manage their health, and feel more positive about life.

The six week workshops are highly interactive and provide the tools needed to manage symptoms, work with health care professionals, set weekly goals for behavior change, problem-solve, use relaxation techniques to handle difficult emotions, eat well, and exercise safely and easily. The workshop is not disease-specific, but is designed to support and enhance disease specific education.

TO REGISTER, PLEASE CALL THE LIBRARY AT 735-2279 OR STOP BY OUR REFERENCE DESK.



Sources:

Oneida County Health Department 185 Genesee Street Utica, New York 13501

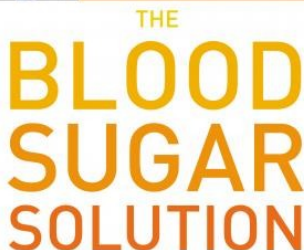
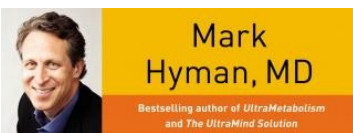
Healthy Transformations Book of the Month:

Blood Sugar Solution By Dr. Mark Hyman

"Dr. Hyman reminds me how much progress can be made in someone's health in just 6 weeks with his whole foods plan. This plan is very similar to the FLT program I use in practice.

He provides wonderful recipes as well!"

-Kim Thompson of Healthy Transformations



The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

- Reverse prediabetes and diabetes
- Eliminate the leading causes of heart disease, cancer, and obesity
- Increase your energy
- Cure your sugar cravings and get thin fast



Special Thanks to...



Peter's Cornucopia

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Healthy Transformations

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www.healthytransformations.net