



## NOVEMBER CLASSES

All classes are free  
and open to the public.

### Nutrition Information For Diabetics

November 3<sup>rd</sup> 2:00 - 3:30pm

Diabetes is a disease that greatly affects the eating habits of persons with the disease and those caring and cooking for them. This course has been designed to help manage diabetes through healthy eating and learning how to plan meals and snacks. Learn how to read food labels and about making appropriate menu choices when you are dining out. Making a few healthy changes can greatly affect your life – this class will show you how. Class will be held at the Baldwinsville Public Library, 333 East Genesee Street, Baldwinsville.

### Are Your Medications Managing You?

November 8<sup>th</sup> 2:00 - 3:30pm

With more than half of older adults regularly using five or more prescription drugs, over-the-counter medications or dietary supplements, the need for strategies to minimize risk of medication errors is clear. This class will present information for caregivers and older adults on how to safely manage medications. Class will be held at Home Aides of Central New York, 723 James Street, Syracuse.

### Staying Safe At Home

November 16<sup>th</sup> 5:30 - 7:00pm

Can you identify the hidden hazards in your home that could injure or harm you or a senior member of your family? This session will examine potential hazards in every room of the home. Receive a checklist to assess your home for these hidden hazards and identify simple modifications that you can do to make the home safe for older adults. This class will be held at Home Aides of Central New York, 723 James Street, Syracuse.

For more information or to register, please contact  
the Onondaga County Department of Aging and Youth  
(315) 435-2362 ext. 140 or ext. 139 [www.ongov.net/ay](http://www.ongov.net/ay)



ONONDAGA COUNTY DEPARTMENT OF  
AGING AND YOUTH

alzheimer's  association™