



Oneida County Office for the Aging & Continuing Care Living Healthy New York

Welcome to Living Health New York!

Oneida County Office for the Aging and Continuing Care now offers a series of courses to the community to help people manage their conditions and live a more active and fulfilling life.

We now offer classes in:

- Chronic Disease Self Management
- Diabetes Self Management
- Chronic Pain Self Management with the Moving Easy Program
- Active Living Every Day

Classes are held throughout Oneida County at no cost to the participants. Current classes and locations are attached.

For additional class schedules please go to:

<https://ceacw.org/find-a-workshop>



You can be more active!

Living Healthy TIP

Remember to inform all your doctors of all the medications you are taking including over the counter and herbal supplements, eye drops, ointments or suppositories. Don't assume your doctors know everything you are taking. Keep them informed.



Do YOU suffer from “Portion Distortion”?

Eating the proper portion amounts is critical to a healthy eating plan but sometimes it can be difficult to know the correct amount of food to eat. Se here is a quick reference to help with portion distortion:



Healthy Eating Guidelines and Tips

- Pre-package your food into portion size containers to avoid overeating snacks.
- Choose low fat products and lean meats.
- Eat a variety of protein sources such as fish, yogurt and dairy products, soy and other non-animal based protein sources.

Are you living with Chronic Pain?



Oneida County Office for the Aging and Continuing Care's Living Healthy New York Program now offers Chronic Pain Self Management classes in the community. These classes will teach you non-pharmaceutical methods to help you manage your pain through a variety of methods. This class also includes the Move Easy Program, a series of low impact exercises designed for people who suffer from chronic pain. Pacing and Planning is another important tool to use when dealing with chronic pain; this helps prevent the possibility of over exerting yourself and causing more pain or additional injuries. Classes run for two and a half hours once a week for six consecutive weeks. You must be 18 years of age to participate. All classes are free.

**Call the Office for the Aging and Continuing
Care to register for a class: 315-798-5456**