



PSS King Towers Senior Center Offers Two Evidence-Based Workshops

Date & Time of Enrollment: February 1, 2017 at 2:00pm
**Taking Charge of Your Health and Managing Your
Chronic Condition with Carrie Sealy & Jose Moreno**

Date & Time of Enrollment: February 16, 2017 at 2:00pm
Tai Chi for Falls Prevention

Why you should take evidence based workshops:

**These workshops are scientifically proven to be
effective for various chronic conditions and for fall
prevention. Plus, we are offering them to you
completely FREE!**



Funded by NYC Department for the Aging