



Call: 607-547-3948

www.facebook.com/BassettLivingWell

Email: LivingWellSessions@bassett.org

Online: www.bassett.org/LivingWell

Spring 2022 Schedule of Living Well Workshops

Living Well with Diabetes

Hamilton: Tuesdays 9:30am-12pm starting 5/3/2022 at Town Hall

Little Falls: Tuesdays 5-7:30pm starting 5/3/2022 at Hospital

Oneonta: Tuesdays 9:30am-12pm starting 5/3/2022 at St. James Church

Schoharie: Tuesdays 9:30am-12pm starting 5/3/2022 at OFA

Sidney: Tuesdays 2-4:30pm starting 5/3/2022 at Tri-Town Hospital

Mailed Toolkit with Phone Support: Tuesdays 10-11am starting 5/3/22

Living Well with Chronic Pain

Canastota: Thursdays 1-3:30 starting 5/5/2022 at OFA

Cooperstown: Thursdays 9:30am-12pm starting 5/5/2022 at Clark Sports Center

Herkimer: Thursdays 1-3:30 starting 5/5/2022 at Chamber of Commerce

Schoharie: Thursdays 1-3:30 starting 5/5/2022 at OFA

Sherburne: Thursdays 2-4:30 starting 5/5/2022 at Library

Mailed Toolkit with Phone Support: Mondays 6-7pm starting 5/2/22

Living Well with a Chronic Condition

Norwich: Wednesdays 1-3:30pm starting 5/4/2022 at the YMCA

Oneonta: Wednesdays 1-3:30pm starting 5/4/2022 at Fox Hospital

Zoom: Wednesdays 9:30am-12pm starting 4/6/22

Mailed Toolkit with Phone Support: Wednesdays 6-7pm starting 4/6/22

Mailed Toolkit with Phone Support: Wednesdays 1-2pm starting 5/4/22

Self-Paced Online: starts every Monday (you choose start date)-workshop called *Better Choices, Better Health*

Living Well With and After Cancer

Zoom: Wednesdays 1-3:30pm starting 4/20/22

To attend a workshop in person, call 607-547-3948 or email livingwellsessions@bassett.org

To enroll online for remote workshop, follow link: [Living Well Consent and Enrollment Survey](#)