



Living Healthy Workshop Series

Presented by RSVP

This **FREE** 6 week workshop series will help you . . .

Feel better - Increase your energy and get relief from pain, fatigue, and difficult emotions.

Take control of your life - Helps you do the things you want to do each day.

Get connected - Learn from others who have similar health and life style issues.

The **Living Healthy** workshop series is a free peer-led health education program for seniors, and people with an ongoing health condition. The purpose of the workshop is to enhance one's skills and ability to manage their health and maintain an active and fulfilling lifestyle. The course is facilitated by one trained volunteer. It is provided at no cost to participants and runs 6 consecutive weeks for 1 hour each session.

Due to the COVID-19 Pandemic, it is being done Virtual via Zoom

Program Includes: ▪ Decision making & problem-solving skills ▪ Developing & maintaining a safe, long-term physical activity program ▪ Fatigue management ▪ Dealing with anger, depression & difficult emotions ▪ Cognitive management of pain and stress ▪ Communicating effectively with family, friends & health professionals ▪ Using prescribed medication appropriately ▪ Healthy eating ▪ Making informed treatment decisions ▪ Planning for future health care

Day: Fridays **Time:** 11am

Dates: September 18 through October 23

There is no cost to attend but we ask that you attend for the full 6 weeks.

How To Join

Register online at <http://bit.ly/ComsLivingHealthy> using your Suffolk County library card and password.

We will e-mail you the link for access.

**No library card? Contact Comsewogue Public Library
at 631-928-1212 or aref@cplib.org**