



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 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 two trained volunteers. It is provided no cost to participants and runs 6 consecutive weeks for 2.5 hours each session.

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

At: HAMPTON BAYS SENIOR CENTER

Day: Mondays Time: 1:00 pm to 3:30pm

Dates: September 11, 18 & 25 and October 2, 16 & 23

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

Registration required and Limited

Please register w/ Ruth or Luci

Class size will be limited to 20 participants

(minimum of 10 needed)

Funding for the workshops is provided by the Suffolk County Office for the Aging.