

Living Healthy Workshop Series



**Wednesdays: March 13, 20, 27,
April 3, 10, 17**

1:00 – 3:00 pm

St. Catherine of Siena Hospital
Medical Office Building
Lower Level
St. Raphael Conference Room
48 Route 25A
Smithtown, NY

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 lifestyle 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 two trained volunteers, over a six-week period.

Presented by RSVP (Retired & Senior Volunteer Program) of Suffolk and St. Catherine of Siena Hospital.

Program includes:

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



Please register at (631) 870-3444

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