

# HEALTHY LIVING SUFFOLK



## FREE HEALTHY LIFESTYLE WORKSHOP SERIES



### FEEL BETTER!

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

### TAKE CONTROL OF YOUR LIFE!

Do the things you want to do each day.

### GET CONNECTED!

Learn from others who have similar health issues.

The **Healthy Living Suffolk Workshop** is a **FREE 6-session** health education program for people with any type of ongoing health problems. Learn how to manage your health and maintain an active and fulfilling lifestyle.

## STEP BY STEP, BETTER CHOICES BETTER HEALTH HELPS YOU:

- Learn ways to incorporate exercise into your routine.
- Use medicines safely and properly.
- Feel less tired.
- Eat healthy.
- Deal with anger, depression and other emotions.
- Understand your treatments better and make decisions.
- Manage pain and stress.
- Plan for future health care.
- Communicate better with health professionals.

Patchogue-Medford Library  
54-60 E. Main Street  
Patchogue, NY 11772

### Workshop Dates:

**Mondays 2:00 pm - 4:30 pm**  
**April 1st through May 6th**

**FOR MORE INFORMATION OR TO REGISTER CALL  
THE PATCHOGUE FAMILY YMCA AT (631) 891-1800 EXT 809**