



The Health for Life Program (HeLP)



A **FREE PROGRAM** TO HELP YOU MANAGE CHRONIC CONDITIONS

INFORMATION SESSION:

Free in person workshop that HeLPs you better manage your health. The workshop meets once a week for 6 weeks and focuses on:

- getting a good night's sleep - problem solving - healthy eating -breathing and relaxation techniques and more

When: Wednesday June 21 from 12 to 12:30 pm

Where: New Castle Community Center
10 Senter Street, Chappaqua

Contact: Marikay Capasso at (914)813-6427 or mqcq@westchestercountyny.gov

**"Now I have
.....
the energy to
.....
do the things
.....
I love to do!"**



Do you have a chronic condition or care for someone who does?

This program can empower participants to:

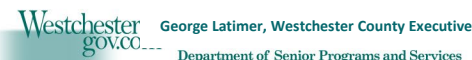
- Better manage chronic health conditions such as diabetes and high-blood pressure
- Communicate effectively with health care professionals and family
- Realize health care savings by avoiding trips to doctors and hospitals
- Enjoy an enhanced quality of life

Sessions are open to Westchester residents age 55 and older.

For more information, contact Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com.



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The program is offered at no charge but voluntary contributions are welcomed. Checks or money orders should be mailed to Westchester County Dept. of Senior Programs and Services, c/o Fiscal Unit 9 S First Ave 10th Floor Mt Vernon NY 10550.