



The Health for Life Program (HeLP)



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

Are you 55 and older and would like to better manage your health?

Free workshop meets by phone once a week for 6 weeks.

Each session lasts one hour with 4 to 6 other participants and a trained facilitator.

The workshop is highly interactive and offers an opportunity to connect with others by phone.

For more information contact: Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com
Those who complete the workshop are able to keep the workshop reference book and exercise CD.

**"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.

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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.