

Do you have a chronic health condition that is stopping you from living your life to its fullest?

If yes..... then join us at

“BETTER CHOICES, BETTER HEALTH” Managing Ongoing Health Conditions

Better Choices, Better Health is a free workshop series presented by the Rockland County Department of Health. Trained facilitators will help you gain the skills needed to better manage ongoing health conditions and improve the quality of your life.

At the end of the program, you will feel more in control of your health.

Pre-registration is required. Please call 845-364-2501 to register.

Topics Covered

- Managing symptoms
- Eating well and being active
- Setting goals
- Problem solving
- Dealing with depression & emotions
- Using relaxation techniques
- Working with your health care team

Date: Tuesdays, March 24 to April 28

Time: 1:30 pm to 4:00 pm

Location: Orangeburg Library, 20 South Greenbush Rd, Orangeburg, NY



Rockland County Department of Health

Patricia Schnabel Ruppert, DO, FAAFP

Commissioner of Health

Edwin J. Day

County Executive

www.rocklandgov.com/health

Stanford University developed this program.