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, please contact Shepard Verbas at (914) 948-2932 x13 or shepard@loftgaycenter.org

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

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

Sessions are open to Westchester residents age 55 and older.
For more information, contact Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com.