



# County of Rockland Department of Health NEWS RELEASE

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FOR IMMEDIATE RELEASE  
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## **Department of Health announces “Living Well” classes for residents with chronic illness**

Pomona, NY – The Rockland County Department of Health’s “Living Well” program, designed to help residents manage their chronic health problems such as arthritis, asthma, and diabetes, will be offered at two sites this Spring/Summer.

The free six-week workshop series will take place once a week for two hours at the following locations:

**New City Library**  
Fridays, 4/9-5/14  
1:00-3:00PM

**RCC, Spring Valley Extension**  
Wednesdays, 6/23-7/28  
10:00AM-12:00PM

Two trained leaders will facilitate the program, one or both of whom are living with a chronic disease themselves. Program topics include:

- Staying Fit: Add simple exercises to your daily schedule to maintain and improve strength, endurance, and flexibility.
- Medications & Treatments: Understand your medications and treatments.
- Communicating Effectively: Learn how to make your needs and wishes known to doctors, family, and friends.
- Good nutrition: Eat to improve how you feel by following some easy healthy guidelines.
- Positive Thinking: Change your attitude and the way you feel.
- Solving Common Problems: Use your mind to deal with symptoms like pain, fatigue and stress.
- Making an Action Plan: Set and achieve everyday goals and enjoy your accomplishments.

All participants will receive a copy of the companion book, “Living a Healthy Life with Chronic Conditions” and the relaxation disc “A Time for Healing.”

The “Living Well” program is open to the public. **Pre-registration is required and space is limited.** For more information or to register, contact Melanie Shefchik at the Department of Health (845) 364-3786.

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