



# 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](mailto:mqcq@westchestergov.com)  
*Those who complete the workshop are able to keep the workshop reference book and exercise CD.*

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



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