



# PUTNAM COUNTY LIVING WELL WORKSHOPS

*“In just a few weeks, I got back to feeling better - and back to being the kind of person I like to be.”*

*“I learned to face the future with confidence whatever it may be...and we had such fun!”*

***Take Charge  
of Your Health***

## How will this program help me?

Living Well Workshops will help you to:

- Set your own goals and create a step-by-step plan to improve your health
- Learn from trained volunteer leaders who have health conditions of their own
- Connect with others who have similar health issues
- Gain more control over your health
- Accomplish more and feel better

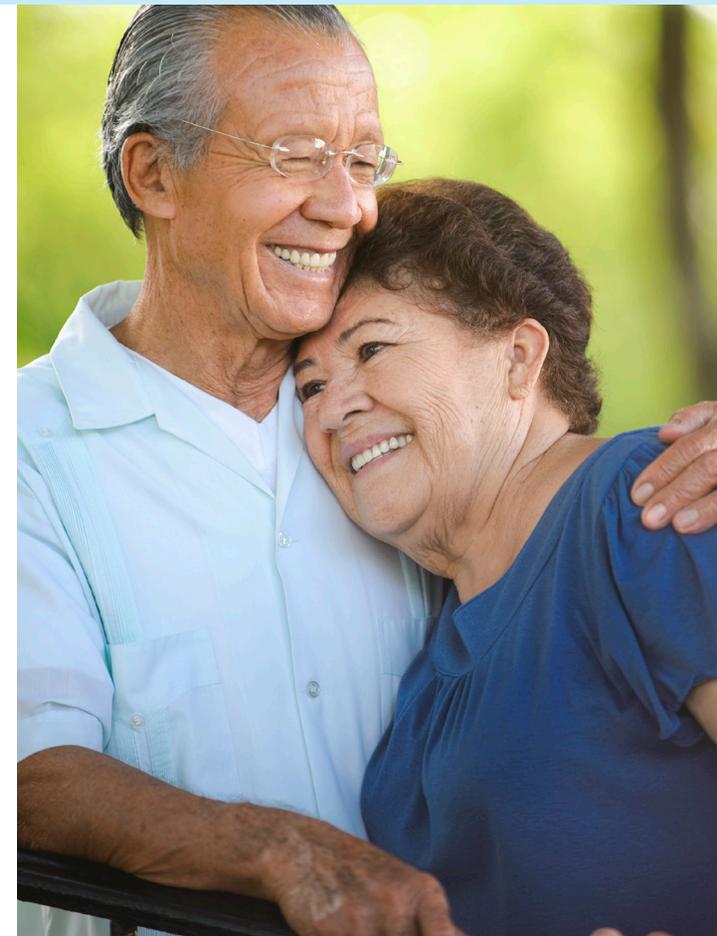
The Putnam County Partnership for Evidence - Based Programs includes:

Putnam County - Office for Senior Resources  
Putnam County - Department of Health  
Putnam Hospital Center  
Visiting Nurse Association of Hudson Valley

[www.putnamcountyny.gov](http://www.putnamcountyny.gov)



This program is provided under the auspices of the Quality and Technical Assistance Center (QTAC) of the NYS Center for Excellence in Aging & Community Wellness



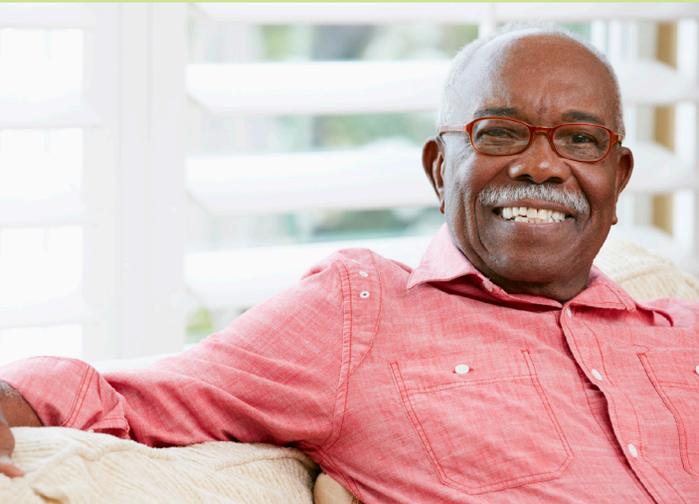
## Why attend a Living Well Workshop?

Our workshops provide you with the tools you need to manage your health, and strategies for creating “action plans” to get results. You will discover better nutrition, explore exercise options, and improve communication with your health care providers.

This free workshop consists of six weekly sessions offered at convenient locations throughout Putnam County. A companion book for the workshop is provided.

The Living Well Workshop is an “evidence-based” program with proven outcomes. The curriculum was developed by Stanford University to help people of all ages become self-managers of their ongoing health conditions and achieve better health outcomes. For the past 20 years this program has been taught all over the world in numerous languages.

*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*



## Who should attend a Living Well Workshop?

Anyone living with or caring for someone with an ongoing health problem or condition is welcome. Some examples are:

- asthma
- chronic pain
- heart disease
- arthritis
- cancer
- COPD
- diabetes
- depression
- bi-polar disorder
- fibromyalgia
- lyme disease
- obesity
- Parkinson’s
- high blood pressure
- thyroid disease
- stroke
- osteoporosis
- dementia



## What topics are discussed?

- better breathing
- healthy eating
- physical activity
- stress management
- pain management
- goal setting
- action planning
- communication skills

## When and where is the program offered?

To register for a Living Well Workshop near you, please contact:

**Sarena Chisick, Putnam Hospital Center**  
845-279-5711, ext. 2702  
Schisick@Health-quest.org

**Mary White, Office for Senior Resources**  
845- 808-1734  
Mary.white@Putnamcountyny.gov

The Putnam County Partnership for Evidence-Based Programs has sponsored the “Living Well Workshops” since 2010. The workshops are offered in libraries, medical groups, senior centers, housing complexes, clubs and houses of worship. If you would like to host a workshop series please contact:

**Kristine Boyle**  
Putnam County, Department of Health  
845-808-1390, ext. 43258  
Kristine.boyle@Putnamcountyny.gov

*“The workshops put me back in charge of my life. I feel great and wish I had done this sooner.”*

