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**FOR IMMEDIATE RELEASE**

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**LIVING WELL WORKSHOP SERIES TO BEGIN MAY 9**

BREWSTER, NY—Putnam County residents can attend a free six-week Living Well workshop series, beginning May 9, at Putnam Hospital Center. Individuals living with or caring for someone with a chronic illness such as diabetes, high blood pressure, arthritis, asthma, chronic pain or obesity, will learn ways to manage their health and create “action plans” to get results. The Living Well series is an evidence-based chronic disease self-management program developed at Stanford University. It is led by trained volunteers and proven to help individuals with an ongoing health condition lead healthier, more satisfying lives. Participants learn strategies for gaining control over their condition, connect with others battling similar health issues, and ultimately learn how to accomplish more and feel better.

The workshop series will be held on Mondays from 1 p.m. to 3:30 p.m., from May 9 to June 20, with no class on May 30. The program is free, but registration is required. For further details or to register, contact Sarena Chisick at (845) 279-5711, ext. 2702 or email her at [schisick@health-quest.org](mailto:schisick@health-quest.org).

The Living Well program is part of Putnam County’s Community Health Improvement Plan, and is a joint initiative of the Putnam County Department of Health, Putnam Hospital Center, Putnam County Office for Senior Resources, and the Visiting Nurse Association of Hudson Valley.

The Health Department’s mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at

[www.putnamcountyny.com/health](http://www.putnamcountyny.com/health) or visit the social media sites on Facebook at

[www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth), [www.instagram.com/PutnamHealthNY](http://www.instagram.com/PutnamHealthNY) and Twitter

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