

## PRESS RELEASE

February 21, 2018

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### Living Healthy, Living Well: Take Charge Managing Your Health

WURTSBORO, NY— Individuals living with conditions such as arthritis, diabetes, heart disease, lung disease, and asthma can learn to manage their own health with confidence.

Living Healthy, Living Well, a free evidence-based program from the Self-Management Resource Center, developed by Stanford University, will be held on Thursdays from March 1, 2018 to April 12. In the event of inclement weather, a snowdate will be offered on April 19. The series is held from 2:30 to 5:00 pm each day at Mamakating Public Library on 128 Sullivan Street in Wurtsboro. Refreshments will be provided.

Participants are highly encouraged to attend the series in its entirety. Graduates will receive the book, “Living a Healthy Life with Chronic Conditions,” a science-informed resource for continued self-management of chronic conditions.

Attendees will learn ways to reduce symptoms like pain and fatigue, get around more easily, and engage in activities they enjoy, for an improved quality of life. Bonnie Lewis, RN of Cornell Cooperative Extension Sullivan County (CCESC) and Shawn Comfort of Action Toward Independence will present day-to-day techniques for self-management of multiple chronic health conditions and medical recommendations as well as complimentary enhancements to traditional clinical treatments.

Can't make it? This program will be offered at CCESC's Extension Education Center in Liberty on Thursdays from 5:30 to 8:00 pm May 10 through June 14.

Living Healthy, Living Well is free to the public. Registration is requested in advance, by calling CCESC at 845-292-6180, emailing [sullivan@cornell.edu](mailto:sullivan@cornell.edu), or visiting [www.sullivancce.org](http://www.sullivancce.org). In the event of special needs, the public should contact the CCESC office.

This publication was supported by Cooperative Agreement Number NU58DP003982, funded by the Centers of Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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