

LIBRARY PROGRAMS FOR ADULTS



The Family Health and Wellness Team is proud to offer the following programs this fall. Programs can be presented in person or virtually. In person programs are 2 hours in length for a fee of \$250; virtual programs are 1 hour in length for a fee of \$150. Please contact the educator listed below the program description to schedule a program.

Caring for yourself in stressful times

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows us to be more resilient and better manage stress, allowing us to do a better job of meeting our responsibilities. During this program we will introduce strategies for stress management and suggestions for self-care.

Facilitator: Kerri Kreh Reda • email: kk5@cornell.edu

Keeping your brain healthy as you age

Oftentimes when we think about health and wellness, we think about physical health and focus on healthy eating and exercise. However, we need to consider our brain health or cognitive health as well, especially as we age. Our cognitive health encompasses our ability to think, remember, learn new things, and reason. It can decline as we age, becoming less accurate. The good news is that there is plenty to do to keep our brains healthy.

Facilitator: Kerri Kreh Reda • email: kk5@cornell.edu

Caring for Yourself: Managing Grief and Loss

Whether it be the impact of the COVID-19 pandemic or another loss you may have endured, there is no right or wrong way to grieve. Experiences of loss may be stressful and grief challenging to manage. In this workshop, we will explore new ways for us to learn about grief as well as manage our emotions and build effective coping tools. This program will help support participants in their grief journey and build strategies to care for themselves and others.

Facilitator: Cara Weiner Sultan • email: caw10@cornell.edu

The Family Table

Everyday busy schedules have caused many of us to rush from one event to another without regard to the simple, once common, act of settling down to a shared family meal at the end of the day. In this workshop you will learn about the benefits of family mealtimes and why gathering the family together can make such an important difference in the lives of your children.

Facilitator: Dinah Torres Castro • email: dc258@cornell.edu

Don't see a topic you like? [This link](#) will bring you to our full menu of program offerings.

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension | Suffolk County

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • www.ccesuffolk.org