

What:

Zoom Lecture Presented in Partnership with the Patchogue-Medford Library by:
Elizabeth Bonner, Licensed Clinical Social Worker

When:

Mon. Oct. 19, 2020
7:00pm - 8:00pm

Where:

Join Zoom Meeting:

<https://zoom.us/j/92139236547>

Meeting ID: 921 3923 6547

One tap mobile

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Dial by your location

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Find your local number:

<https://zoom.us/u/acO4H630SN>

Connect with us:

RSVP or More Information:

Carolyn Villegas, Community & Physician Relations Manager

CVillegas@LICommunityHospital.org

or 631.687.2900

Coping with Anxiety & Stress During the Pandemic



Has COVID-19 Left You Feeling Stressed and Anxious?

Join us for a discussion on strategies for mental health and well-being. We will explore different stress relieving techniques and present resources to assist you and your family.

- How can I decrease my anxiety during the COVID-19 pandemic?
- What are some coping tools I can use to regain control during the pandemic?
- What resources are available if I have stress and anxiety issues during the coronavirus pandemic?

Connect with LI Community Hospital to get answers to these questions and more.
Together we can learn to relax!

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Long Island
Community Hospital