

# VIRTUAL BETTER HEALTH AND WELLNESS SERIES

with Assemblyman Michael Durso and Northwell Health's Katz Institute for Women's Health

**Tuesday, June 8: 1 p.m.-2 p.m.**

Anxiety and Depression with Dr. Bella Grossman

When you're going through difficult times, it is normal to be anxious or sad for a while. But if these feelings persist and cause significant distress or interfere with day-to-day function and relationships, this may be a sign of something more serious. Join us to learn more.

**Tuesday, June 15: 1 p.m.-2 p.m.**  
CPR/First Aid with Kim McHugh

Would you know what to do in case of a medical emergency? It's important to know you can help even if you're not a medical professional. In this workshop, we will learn about immediate medical situations such as allergic reactions, choking, bleeding and more. And did you also know that hands-only CPR can be just as effective as conventional CPR—and anyone can do it? Join us as we learn the key steps that can help save precious time and even a life when someone is in serious trouble.

**Tuesday, June 22: 1 p.m.-2 p.m.**

Stress management with Tina Conroy

From small issues to major crises, stress is a part of our lives, in fact, more than 70% of all adults in the US say they feel stress daily. But while you can't always control your circumstances, you can take steps to control how you react. Join our expert to explore effective strategies that can help calm your mind and body.

**Tuesday, June 29: 1 p.m.-2 p.m.**  
Back Pain with Dr. Brian Golden

Back pain will affect nearly three out of four adults during their lifetime. In fact, it is one of the most common reasons for doctor visits or missing a day of work. Join us to learn about the causes of back pain, when to seek help, and what you can do to get relief.



Katz Institute for Women's Health



## You're Invited!

Join Assemblyman Michael Durso and Northwell Health's Katz Institute for Women's Health for a Better Health and Wellness Series on anxiety and depression, CPR/first aid, stress management and back pain.



This newsletter provides important information about events you can participate in with members of our communities.



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# DRIVE THROUGH SHED THE MEDS

These events are a great opportunity to dispose of unwanted medication safely. Disposing of meds this way keeps them out of the hands of children and helps protect the environment.

***Just drive up to the site, drop off your medications, and drive away!***

Please keep medications in original containers and block out your name for anonymity. Please do not cross out medication information on label.

**Accepted items include:** Prescriptions and prescription patches, prescription medications, prescription ointments, over-the-counter medications, vitamins, sample medications and medications for pets. Illegal narcotics may also be dropped off anonymously, no questions asked.

**Items not accepted include:** Needles, sharps, aerosol cans, thermometers, over-the-counter ointments, hydrogen peroxide, inhalers, medication from businesses and bloody or infectious waste.

**Saturday, June 12 from 11 a.m. – 1 p.m.** at the West Islip Higbie Lane Senior Center with Town of Islip Supervisor Angie Carpenter and the Suffolk County Sheriff's Office.

**Saturday, August 14 from 11 a.m. – 1 p.m.** at the Massapequa Park Train Station directly across from Village Hall with the Incorporated Village of Massapequa Park and the Nassau County Police Department.

For more information on these events or any other legislative matter, please contact Assemblyman Michael Durso's office at 516-541-4598 or email [Dursom@nyassembly.gov](mailto:Dursom@nyassembly.gov)

