

Westchester County



A Community Connection Initiative Project

by The WestchesterCountyPost.com and BetweenTheWaves.info

Workshops to increase the quality and longevity of your life.

The Problem

This CoViD-19 situation is stressful on everyone -- some more than others -- and it manifests in different ways. Calls for increased efforts to be patient and polite would have seemed patronizing a year ago, but are now met with nods of agreement.

Many New Yorkers know at least one person who has lost a loved one to CoViD-19. As states like Georgia and Florida open up at the time of this writing, there is concern of a "second wave" that, like in 1918, could be even more deadly nationwide than the first.

A vaccine is in development, but how helpful will it be when it finally arrives after many mutations? Even if the vaccine is effective and safe, we could still have CoViD-20: something entirely different and possibly worse.

A Solution: Don't get sick!

Deceptively simple, and possible if we do the right things to build up and support our immune systems. Also, best practices such as hand-washing and physical distancing go a long way in preventing infection.

Our bodies are designed to heal themselves. If we give them what they need to fight uninvited microscopic guests, we can increase our chances of escaping the illness altogether. If we do get sick, we have a better chance of surviving the illness after overcoming mild symptoms instead of severe ones.

Lifestyle changes can help decrease or eliminate pre-existing conditions such as asthma, high blood pressure, or cancer -- which could make the difference between surviving CoViD-19 or...not.

Discussion:

NOW is the time to get stronger. Don't live in fear. Empower yourself. Join our workshop series for many effective techniques and lifestyle choices that can help us strengthen our immune systems.

All techniques are strongly backed by cutting-edge scientific research and/or by case studies and experience. Expertise from a range of health care professionals -- e.g., physicians, nurses, nutritionists, educators and therapists -- will give you the confidence to get out of the house and feel safer than you did before.

Workplace Wellness Workshops for Corporations • Sponsored Workshops for Non-Profits

Set up your first workshop today:

914.792.8100 (call or text) • WestchesterCountyPost@gmail.com