



AN INITIATIVE  
TO MAKE  
LIVINGSTON  
A MORE  
AGE-FRIENDLY  
COMMUNITY

The Livingston Health Department and

Senior, Youth & Leisure Service Department present

# Covid is Here to Stay: How to Build Confidence and Resume Your Regular Activities

With Covid-19 still among us as now an endemic, you may still be feeling hesitant to participate in your regular activities once again.

Join us for this virtual presentation to learn more about Covid-19 and how you may keep yourself safe when participating in activities.

**Cooperman Barnabas  
Medical Center**

**RWJBarnabas  
HEALTH**



**Wednesday**

**October 19, 2022**

**1:30pm-2:30pm**

**This program will be held  
virtually via zoom**

**Presented by: Carol Ann Hudak of  
RWJBarnabas Health Institute for Prevention and Recovery**

**FREE; pre-registration required** online at [Livingstonnj.org/SYLS](https://Livingstonnj.org/SYLS)  
or in person at the SYLS Office, 204 Hillside Ave., M–F, 8:30 am–4:30 pm.  
Please call 973-535-7925 option 8 or email [lbranquinho@livingstonnj.org](mailto:lbranquinho@livingstonnj.org)  
**Upon registration, you will receive the meeting code.**



973-535-7925 | [syls@livingstonnj.org](mailto:syls@livingstonnj.org) | [livingstonnj.org/AllAges](https://livingstonnj.org/AllAges)