About the support group:

If you or a loved one is living with lingering symptoms of COVID-19, please join us in our new support group for COVID "long-haulers." We will address topics such as:

• Managing fatigue
• Overcoming depression and anxiety
• Dealing with brain fog
• Shortness of breath and rapid heart rate
• Advocating for yourself to get the treatment you need to overcome COVID-19 symptoms
• Long COVID and disability

More information:

Let us help you work through fatigue, teach you strategies for better sleep and help you navigate through grief and loss of independence. We welcome open conversation to help each other work toward empowerment.

For more information or to register, call 434.200.6773 or email Kim.Williams-LaPrade@centrahealth.com