



Post-COVID Recovery Care Support Group

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**



C E N T R A

Support group open to all recovering COVID patients

Hosted by Lynchburg Family Residency

- Meetings will be the second Tuesday of every month.
- Meetings will be virtual but subject to change to in-person as circumstances allow.