



Sarah S. Anker, Suffolk County Legislator, Sixth District
FOR IMMEDIATE RELEASE



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“LAUGHTER IS THE BEST MEDICINE DAY” AT THE MT. SINAI SENIOR CENTER



Legislator Anker joins Gail Feldman of the Suffolk County Department of Health Services, Rose Caracappa Senior Citizen Center Program Director Michele Posillico, and program participants for a day of wellness and laughter.

Mount Sinai, NY- On Wednesday, January 14, Suffolk County Legislator Sarah Anker joined residents of the Rose Caracappa Senior Citizen Center for their “Laughter is the Best Medicine” event.

The event, organized by Gail Feldman with the County Health Department, educated seniors on the health benefits of laughter and movement. “I try to focus on how and why humor creates happiness which in turn keeps us healthy,” Ms. Feldman said. “This was an interactive, hands-on workshop, based on reframing our thoughts, refreshing our spirits and rejuvenating our bodies.”

“Suffolk County has many programs benefiting our senior population and this is one of the most popular,” Legislator Anker said. “Studies show that having a positive attitude extends our lives and provides health benefits.”

If you are interested in learning about the many programs and services provided by Suffolk County Senior Services call Legislator Sarah Anker’s office at 631-854-1600.

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