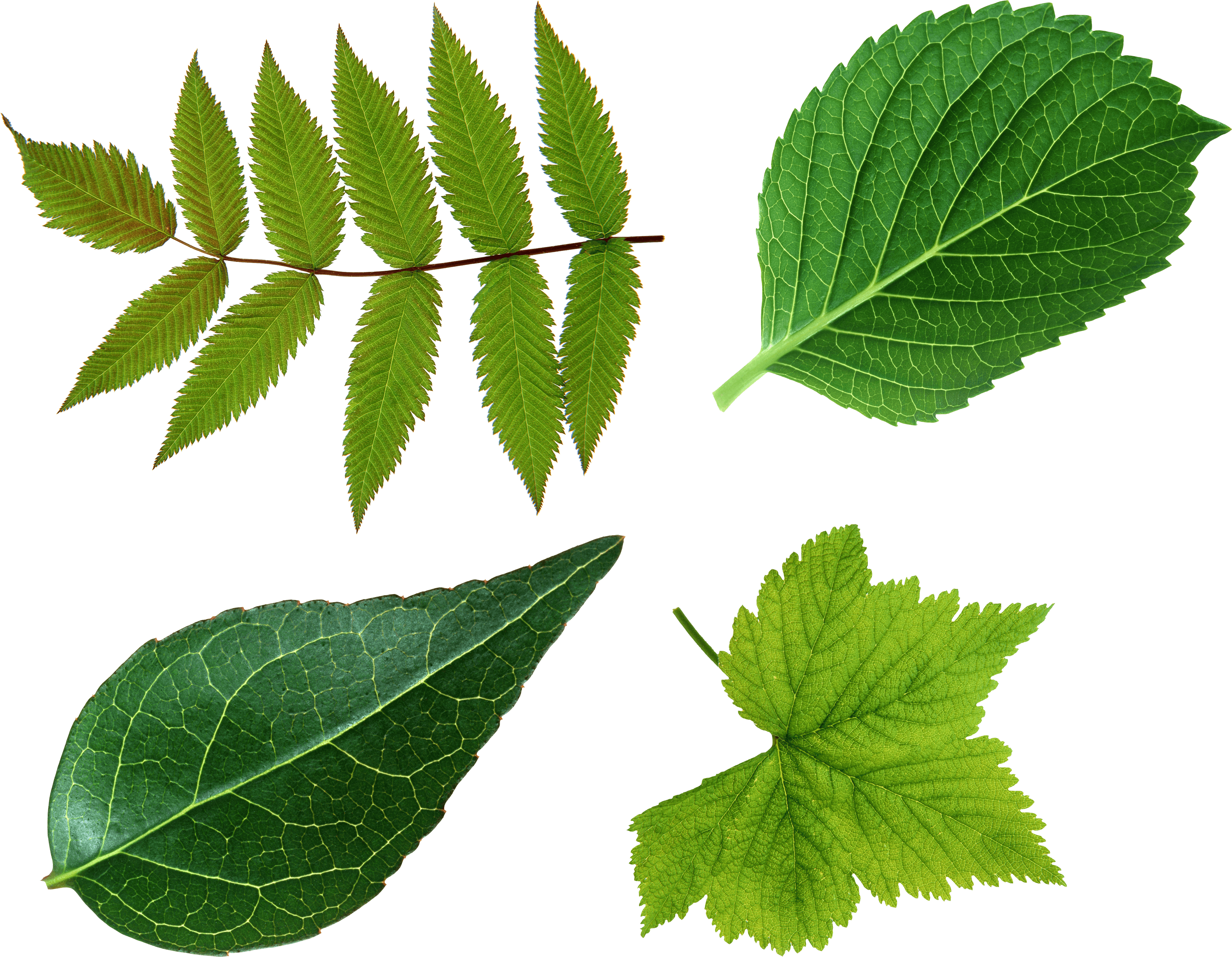
*New support group*:

Long covid:

The emotional aftermath



This support group will provide encouragement to persons with long COVID (fatigue, brain fog, shortness of breath, other symptoms).

Themes will include:

* How to deal with an invisible disability
* Humor and relaxation techniques as coping mechanisms
* Coping with the symptoms and medical establishment

**FREE and open to the public**—please call to sign up!

Time: Monday afternoons 2-3:30 starting December 5

Place: Concord Counseling Services at 700 Brooksedge in Westerville

Group leader: Gail Ukockis, PhD, MSW, LSW

Contact: Gail at ext. 301 (614-882-9338)