Five session program begins on Tuesday, February 10

Farmingville, NY - The Town of Brookhaven's Division of Women's Services will host a Women's Support Group to allow women to come together and talk about various topics that are relevant to their lives today. The discussion group will meet on Tuesdays (February 10, 17, 24 and March 3 and 10) from 10:30 am to 12:00 pm at Brookhaven Town Hall, One Independence Hill in Farmingville.

The schedule of topics is as follows:
• Developing a Healthy Lifestyle
• Building Self-Esteem and Confidence
• Learning to Set and Achieve Goals
• Creating Positive Relationships
• Utilizing the Internet and Social Media for Networking and Communication

The sessions are free for Town of Brookhaven residents and $25 for non-residents. For more information or to RSVP, call 631-698-2074. Go to www.brookhaven.org to learn more about the Town of Brookhaven's Division of Women's Services.