

# TAKE CONTROL OF YOUR HEALTH



“Evidenced Based Program” with proven outcomes.  
Six workshops to change your life!

**No charge**

**AN ACTION PLAN TO ENHANCE WELLNESS!**

Adults of all ages who are living with long term health conditions, as well as caregivers, are encouraged to take part in this FREE workshop series that will help you to:

Manage symptoms

Develop healthy eating & exercise habits

Communicate effectively with your healthcare provider

Manage fear, anger, and frustration

Make daily tasks easier

Feel better and enjoy life to the fullest!

Begins Wednesday April 5th 9:30 am to Noon

6 weeks - 2 1/2 hour sessions

To register you must be a Hunterdon County resident 60+ years. Call (908) 284-6128



Open to Hunterdon County residents age 60 and over.  
Sponsored by the Hunterdon County  
Division of Senior, Disabilities & Veterans  
Services / Senior Health & Fitness Program.

