

SIX WORKSHOPS TO CHANGE YOUR LIFE!



Take Control of Your Health *An Action Plan for Enhancing 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 doctor and health care team**
- 🌀 **Manage fear, anger, and frustration**
- 🌀 **Make daily tasks easier**
- 🌀 **Feel better and enjoy life to the fullest!**

Includes a FREE book: “Living a Healthy Life with Chronic Conditions”

Classes to begin Tuesday March 21, 2017 • 10:45 AM – 1:15 PM

**Washington Senior Center
33 Brass Castle Road
Washington, NJ 07882**

**To Register Call: (888) 387-9830
8:30 am to 4:30 pm, Monday to Friday**

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