

# TAKE CONTROL OF YOUR HEALTH



## A 6 week Chronic Disease Self-Management Workshop Series

If you have a chronic condition such as arthritis, heart disease, osteoporosis, or diabetes, please join us!

### Join us and learn techniques to:

- Manage symptoms like stress and depression.
- Get started with health eating and exercise
- Communicate effectively with your doctor
- Manage fear, anger and frustration
- Make daily tasks easier

### Participants will receive:

- A free book
- Incentives
- Completion Certificate

### Session Dates:

Informational session:

**April 21st at 1 pm**

Friday Mornings:

**May 5, May 12, May 19,  
May 26, June 2, June 9**

**10:30 am – 1 pm**

at the Woodbridge Library,  
3rd floor Meeting Room

### Woodbridge Main Library

1 George Fredericks Plaza,  
Woodbridge, NJ 07095

Pre-registration is required.  
Call 732 634 4450 ext. 7120  
or scan QR code.



SCAN HERE  
TO REGISTER