

# TAKE CONTROL OF YOUR HEALTH

A Six-Week Chronic Disease Self-Management Program

March 26<sup>th</sup> | April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>  
From 12:30 - 3PM

Highland Park Senior/Youth Center | 220 Sixth Avenue, Highland Park



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

Are you living with or caring for someone with a chronic or limiting health condition?

Join us and learn how to:

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

Free book • Healthy snack • incentives •  
Completion certificate

Please feel free to bring a bag lunch.

To register contact  
Kim McGraw

**732-819-0052**

Middlesex County Board of Chosen Freeholders

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