

# Take Control of Your Health

*Are you or a loved one living with..*

*Arthritis - Diabetes - High Blood Pressure - Depression - Chronic Pain - Or Other Ongoing Health Conditions?*

## **JOIN US TO TAKE CONTROL OF YOUR HEALTH!**

### The Chronic Disease Self-Management Program

*An evidence-based, 6-week workshop for people with any on-going or long-term health conditions or their caregivers.*

*Learn how to manage your symptoms; get started with healthy eating and exercise; communicate effectively with your doctor and family; manage fear, anger, and frustration; and make daily tasks easier.*

*Some of the topics covered in the workshop are: problem-solving, physical activity, medications, sleep, decision-making, communication, understanding emotions, healthy eating, working with health professionals, action-planning, and much more!*

**FREE Workshop! Registration is required as seats are limited.**

**Where:** St. Marks Lutheran Church

350 Whitehorse Avenue, Hamilton, NJ 08610

**When:** Tuesdays, June 5, 2018 — July 10, 2018

**Time:** 9:30 AM—Noon

**To register, please contact:**

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