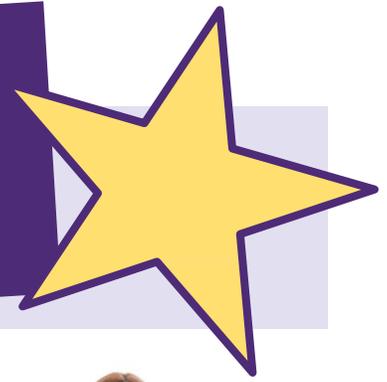


Take Control of Your HEALTH



If you have a chronic condition such as arthritis, heart disease, osteoporosis or diabetes,
PLEASE JOIN US!



Chronic Disease Self-Management Program **FREE six-week workshop series**

Are you living with or caring for someone with a chronic condition or limiting health condition? Join us to learn how to:

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

- ✓ **Free Book**
- ✓ **Healthy Snack**
- ✓ **Incentives**
- ✓ **Completion Certificate**

FOR MORE INFORMATION, please call
732-745-8860



This workshop is provided to you by
The Middlesex County Office of Health Services
As a Service of the Middlesex County Board of Chosen Freeholders



"This project was supported, in part by grant number 90CS0042-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy".