

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”

Dates: Wednesdays: Begins November 10th to Dec. 15, 2021
(12/22 class cancellation date)

Time: 1:00pm to 3:30pm (6 weeks)

This is virtual computer class on Zoom.

This is a series, so you should plan on attending all 6 sessions.

You may participate with an internet-connected laptop computer or mobile device such as smart phone or tablet computer. Desktop computers require a webcam and speakers.

Registration is required. Free of charge.

To receive an invitation email, meeting login credentials and any further instructions, please email your registration request including your name, phone number, email address to Eleanor Langeveld at elangeveld@co.hunterdon.nj.us or call (908) 284-6128.