

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 Jan. 19, 2022 – SIGN UP NOW!!

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

This is Virtual computer class on Zoom.

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

This program is sponsored by Rutgers Cooperation Extension and Hunterdon County Division of Senior Services, Senior Health & Fitness Program

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.