

Presents

FREE Chronic Disease Self-Management Program

Open to all residents of New Jersey.



Do you or someone you know have a chronic health condition?

such as diabetes, arthritis, heart disease, hepatitis, hypertension, Lyme, cancer, COPD, or any other chronic condition that requires management on a regular basis... **Take Control of Your Health** is the right choice!

Feel better and get support for improving your health in this doctor-recommended workshop!

Take Control of Your Health is a 6-session chronic disease self-management workshop series, covering:

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| <ul style="list-style-type: none"> ▪ Managing symptoms ▪ Eating healthy ▪ Controlling pain ▪ Fighting fatigue and frustration | <ul style="list-style-type: none"> ▪ Problem solving ▪ Managing stress and relaxing ▪ Communicating with others ▪ Creating action plans |
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People who take the workshop:

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| <ul style="list-style-type: none"> ▪ Have more energy and less pain ▪ Get more exercise ▪ Are more confident they can manage their own health | <ul style="list-style-type: none"> ▪ Feel less tired and less depressed ▪ Can talk to their doctors more easily |
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Classes are facilitated by 2 peer leaders specially trained in the Stanford Model of Disease Management.

Location: Mary Jacobs Memorial Library, 64 Washington St., Rocky Hill, NJ 08553

Date(s): 6 Wednesdays, October 25 - December 6 (except for Nov. 22)

Time: 10:00am – 12:30pm

Cost: FREE

To Register: Call Devangi Patel at (908) 533-9331 or

Register online at <http://health.montgomery.nj.us/cdsmp/>

For questions or to learn more, please call Devangi Patel at the Health Department at (908) 533-9331

