



# Branchburg Health Department

In partnership with Montgomery Twp. Health Department

Presents

## Take Control of Your Health



### Did You Know?

Most of the Leading Causes of Death among New Jersey Residents each year are Preventable?

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Chronic Lower Respiratory Disease
- Kidney Disease

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

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

- |                                   |                           |
|-----------------------------------|---------------------------|
| ▪ Physical Activity               | ▪ Managing symptoms       |
| ▪ Dealing with difficult emotions | ▪ Fighting Pain & fatigue |
| ▪ Nutrition                       | ▪ Medications             |
| ▪ Treatment decisions             | ▪ Creating action plans   |
| ▪ Managing stress and relaxing    | ▪ Problem solving         |



Classes are facilitated by 2 peer leaders specially trained in the Stanford Model of Disease Management.

**Location:** Branchburg Health Department (34 Kenbury Road)

**Date(s):** Beginning April 11 (Every Wednesday) for 6 weeks.

(4/11, 4/18, 4/25, 5/2, 5/9, 5/16)

**Time:** 10:00 am to 12:30 PM

**Cost:** FREE

**RSVP:** To register, call Devangi at **(908) 533-9331** OR

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

**RSVP by April 5, 2017. Class size is limited.**



For more information, please call Devangi Patel at the Health Department at **(908) 533-9331**

Program open to everyone.