



Chronic Disease Self-Management Program Take Control of Your Health

**Six Workshops – To Change Your Life!!
An Action Plan for Enhancing Wellness**

TAKE CONTROL OF YOUR HEALTH

*Adults of all ages, who are living with long term health conditions. This is a **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”*

Help Yourself and others/Take Control of Your Health!

Classes every Wednesday, March 2, 9, 16, 23, 30 & April 6

From 1:30 pm – 4:00 pm

At Butler Public Library

One Ace Road

Butler, NJ 07405

Register by calling the Butler Public Library at 973-838-3262

For more information contact Cheryl Walters,
(NORWESCAP/RSVP) at (973)784-4900 ext. 2903

