



Princeton Community Housing

In Partnership with the Princeton Health Department



Presents



FREE Take Control of Your Health

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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| ▪ Managing symptoms | ▪ Problem solving |
| ▪ Eating healthy | ▪ Managing stress and relaxing |
| ▪ Controlling pain | ▪ Communicating with others |
| ▪ Fighting fatigue and frustration | ▪ Creating action plans |

People who take the workshop:

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| ▪ Have more energy and less pain | ▪ Feel less tired and less depressed |
| ▪ Get more exercise | ▪ Can talk to their doctors more easily |
| ▪ Are more confident they can manage their own health | |

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

Location: Dining Room at Elm Court - 310 Elm Road, Princeton, NJ 08540

Date(s): October 7 - November 18 (Every Wednesday, except for Nov. 11) for 6 weeks.

Time: 4:30pm – 7:00pm

Cost: FREE

To Register: Please see sign-up sheets posted in bulletin board area

Dinner will be served

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



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