

# 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: Fridays as follows: March 25<sup>th</sup>, April 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, and May 6<sup>th</sup> 2022**

**Time: 9:45am to 12:30p**

**This is Virtual computer class on Zoom. Please 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](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.  
You must be 60+ years or older and a resident of Hunterdon County to participate.

**Sponsored by Hunterdon County Division of Senior Services and Rutgers  
Cooperative Extension Services**