



TAKE CONTROL OF YOUR HEALTH



“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”

Put Life Back Into Your Life

Do you have an ongoing health condition? You can get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Take Control of Your Health workshop can help you take charge of your life.

Join a free 2½-hour TAKE CONTROL OF YOUR HEALTH workshop, held each week for six weeks.

DATE: Sept. 20 to Oct. 25, 2011
TIME: 1:00PM - 3:30PM
LOCATION: Cumberland County Health Department
309 Buck Street
Millville, NJ 08332

To register or for more information, please call the Cumberland County Health Department at 856-327-7602 ext. 1105