

# Six FREE workshops to Change your life!



## Take Control of Your Health

### *An Action Plan for Enhancing Wellness*



Adults 55 and over who are living with diabetes, as well as family and caregivers, are encouraged to attend. No one is turned away. This **FREE** workshop series 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”

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***Classes will be held on: (Thursdays) March 7, 14, 21, 28, April 4 and April 11***

***Time: 9:30am-12:00pm    Location: Passaic County Department of Senior Services  
930 Riverview Drive, Suite 200, Totowa, New Jersey***



Hosted by:

**Passaic County Department of Senior Services**

Sponsored By:

Skylands RSVP &  
Volunteer Resource Center  
Sponsored by  
**NORWESCAP**  
Northeast New Jersey Community Action Program, Inc.



**Passaic County Department of Health**

***To Register Call: 973-881-4396 ~ Enrollment is limited ~ Call Today!!***

