

FREE WORKSHOP! FREE WORKSHOP!!
“Take Control of Your Health” Workshops
Register by Oct. 5

Do you have an ongoing health condition? Do you want to alleviate pain and fatigue? Do you want to be more independent and get more out of life? If so, the **Take Control of Your Health** workshop is for you!

Eighty-percent of older Americans are living with a long term health condition - you or your loved one may be one of them. Join this **FREE 2 ½-hour interactive Workshop**, held each week for six weeks for adults and caregivers who want to take charge of long-term health problems, including arthritis, diabetes, heart disease and osteoporosis. .

Sign Up Now.

Spaces Are Limited. Registration is requested by Tuesday, Oct. 5

VENUE: North Plainfield Library,
located at 6 Rockview Avenue, North Plainfield

TIME: 1:30pm to 4:00 p.m.
on

Tuesdays, Oct. 12, 19 and 26, & Nov.
9, 16 and 23



To register or for more information, contact: **Cynthia Kusorgbor, MPH, CHES**. Health Educator/Risk Communicator
Somerset County Department of Health - 908-203-6072 or
kusorgbor@co.somerset.nj.us



This program is sponsored by your local health department.
Somerset County Department of Health