



Woodbridge Division of Multi-Service Program on Aging

*A Woodbridge Township Social Work Division Providing Senior Services to Township Residents
Designed to Support Older Adults in Leading Independent Lives With Dignity during Challenging Times
400 Inman Avenue, Colonia, NJ 07067
732-726-6262*

Are You Or A Loved One Living With:

**Arthritis – Diabetes – High Blood Pressure – Chronic Pain –
Anxiety or Other Ongoing Health Conditions?**

Join Us To Take Control Of Your Health!

A **FREE** six-week workshop, 2 hours per session, one session per week health education workshop for people with any ongoing or long-term health conditions or their caregivers.

Social workers Allison Wisniewski, M.S.W., L.S.W. and Michele Morgan, M.S.W. will be leading the workshop.

Dates: Thursdays, March 7, 14, 21, 28 and April 4 and 11.

Place: Woodbridge Main Library

1 George Frederick Plaza
Woodbridge, NJ 07095

Time: 10:00am-12:30pm

PRE-REGISTRATION IS REQUIRED.

For more information and to register **BY MARCH 4**,
please contact Division of Multi-Service Program on Aging at:

732-726-6262

During the workshop you will learn:

- ❖ How to manage your symptoms
- ❖ How to get started with healthy eating and exercise
- ❖ How to communicate effectively with your doctor
- ❖ How to manage fear, anger and frustration
- ❖ How to make daily tasks easier

Created by Stanford University and sponsored by the NJ Department of Human Services, this **PROVEN** program **WILL HELP YOU get MORE OUT OF LIFE!**

Feel Better!

Take Control Of Your Life!

Get Connected!