

# TAKE CONTROL OF YOUR HEALTH

## Chronic Disease Self-Management Workshop

Those living with chronic disease, such as diabetes, arthritis, high blood pressure, depression, heart or lung disease, and those who care for them are encouraged to participate in this free six-week series.

Participants will learn how to set individual goals and make a weekly step-by-step action plan to improve health from trained peer leaders.

- Get support to improve your quality of life
- Find practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Understand new treatment choices
- Effectively communicate with doctors and family

Light refreshments will be served.

Upcoming Classes:

**Thursdays, June 21—July 26**  
**12:30-3 pm**  
**6 Week Workshop | FREE**

Star and Barry Tobias  
Health Awareness Center  
901 W Main Street, Freehold

**Pre-registration is required.**

 732.308.0570

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