



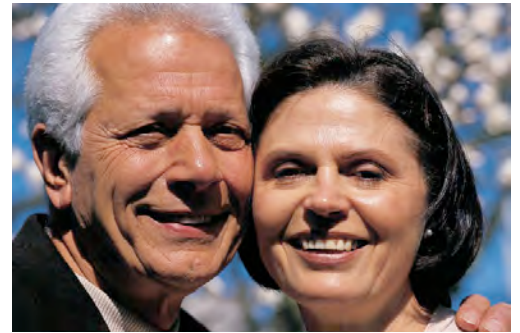
Take Control of Your Health

An Action Plan for Enhancing Wellness

Adults of all ages who are living with long term health conditions, as well as caregivers, are encouraged take part in this **FREE** six- week workshop series, (2 _ hours per session), that will help to:

- Decrease pain and fatigue
- Develop healthy eating and exercise habits
- Deal with difficult emotions
- Feel better and enjoy life to the fullest!

Inlcudes a **FREE** book: “Living a Healthy Life with Chronic Conditions”



Three convenient locations!

Liberty Towers

32 Liberty Street

Newton, NJ 07860

Tuesdays, Sept. 21 thru Oct.26, 2010

2 p.m. – 4:30 p.m.

Littell Community Center

12 Munsonhurst Road

Franklin, NJ 07416

Fridays, Sept. 24 thru Oct. 29, 2010

9:30 a.m. – 12 p.m.

Lafayette Municipal Building

33 Morris Farm Road

Lafayette, NJ 07848

Mondays, Sept. 20 thru Nov. 1, 2010 (no workshop Oct. 11)

9:30a.m. – 12 p.m.

For additional information or to register for the program, contact

Sussex County Division of Senior Services

973-579-0555 Ext. 1281 or seniorservices@sussex.nj.us