



Hackensack
Meridian *Health*

KEEP GETTING BETTER



Take Control of Your Health: CHRONIC DISEASE

Six-week program developed for people dealing with chronic illness.

TOPICS WE WILL EXPLORE:

- Setting priorities & making action plans
- Managing pain, fatigue & difficult emotions
- Guidelines for healthy eating
- Making decisions
- Problem solving
- Relaxation techniques & how to deal with stress and anxiety
- Communicating with friends & Family
- Physical Activity

**ENGEL SPRAGUE
SENIOR CENTER
239 11TH STREET
WARETOWN, NJ**

PROGRAM INFO:

6 -Thursday sessions

Feb 16, 23, & Mar 2,9,16,23

10:00 a.m. - Noon

To register please contact :
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