

Wellspring Center for Prevention Invites You to Join Us For

# TAKE CONTROL OF YOUR HEALTH!

**Put Life Back Into Your Life.**

*Are you an adult age 55 or older with an ongoing health condition?  
Then this program is for you!*

- You'll get the support you need
- Find ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Understand new treatment choices
- And learn better ways to talk with your doctor and family about your health.



*"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."*

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **Take Control of Your Health** workshop can help you take charge of your life. **Sign Up Now!**

All sessions will be held at the North Brunswick Senior Center, 15 Linwood Place, on **Thursdays** from **1:00 – 2:30 PM**. Refreshments and snacks provided!

**Dates:**

**August 12, 19,  
September 2, 9, 16, 23**

**R.S.V.P. by August 5th**

