

Look Forward to a Brighter Future



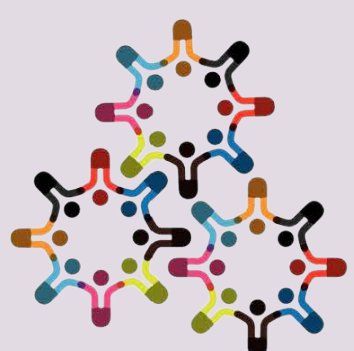
Join us to
TAKE CONTROL OF YOUR HEALTH
FREE SIX WEEK WORKSHOP SERIES

Thursdays, 12 PM - 2:30 PM
Sept 29 - Nov 3, 2022

Join us to learn skills to:

- Manage Symptoms
- Improve Healthy Eating and Exercise
- Communicate Effectively
- Manage Fear, Anger, Frustration, and
- Make Daily Tasks Easier

To Learn more and register, please contact: 732-418-2222
or scan the QR Code to register



**Regional Chronic Disease Coalition
Of Middlesex and Union Counties**

Middlesex County: 732-745-3102

Union County: 908-518-5630

North Brunswick Senior Center
15 Linwood Pl,
North Brunswick, NJ 08902

Each participant gets:
A FREE Complementary Book
Incentives and
Completion Certificate

