

Put Life Back in Your Life:

Take Control of Your Health



**Feel better.
Be in control.
Do the
things you
want to do.**

When: Wednesdays starting

October 18 from 1-3:30 pm

**Where: Casano Community
Center, 314 Chestnut St,
Roselle Park**

Refreshments will be
served!

Are you an adult age 55 or older with an ongoing health condition? You'll get the support you need, find practical 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.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety,

join us for a FREE, 2 1/2 hour program held each week for 6 weeks to take charge of your life.

To register or get more information, please call or email Amy Lewis at 908-789-4070 ext. 4080, alewis@westfieldnj.gov

