

Improve your life.

Sign Up for the Take Control of Your Health Series

Are you or a loved one battling an ongoing health condition? If so, then the free 6-week **Take Control of Your Health** series of workshops is for you!

If you have or are caring for someone with conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **Take Control of Your Health Workshop** can help you.

Learn from trained peer leaders to set your own goals and make a step-by-step plan to improve your health and your life.



For more information and to register, contact

Carole Reen

(201) 822-3112

A program of Stanford University

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Sponsored by the Bergen County Department of Health Services through funding by the NJ Department of Human Services

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Hosted by the Park Ridge Board of Health

Workshop Schedule:

Tuesdays

2:00 – 4:30 PM

May 21

May 28

June 11

June 18

June 25

July 2

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Mancinelli Community Center

53 Park Avenue