

Put Life Back in Your Life:

Take Control of Your Health



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

When: April 11

April 25

May 2

May 9

May 16

May 23

1-3:30 pm

Where: New Providence
Memorial Library, 377
Elkwood Ave., Conti Room

Participants will
receive a free book!

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

