



Community Planning & Advocacy Council
Camden County Senior Corps/RSVP

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Feel better.

Be in control.

Do the things
you want to do.

To register and/or obtain
more information,
please call:

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***“TAKE CONTROL OF
YOUR HEALTH”***

This program is a collaboration of the
Community Planning & Advocacy Council,
Camden County Senior Corps/RSVP, and
the New Jersey Senior Corps Association

***Take
Control
of Your
Health***



**CHRONIC DISEASE SELF
MANAGEMENT PROGRAM**




Put Life Back Into Your Life.
Consider a TAKE CONTROL OF YOUR HEALTH Workshop.

Are you living with a chronic condition? Are you a caregiver for someone with a chronic disease?

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, anxiety, the Take Control of your Health Workshop can help you take charge of your life.

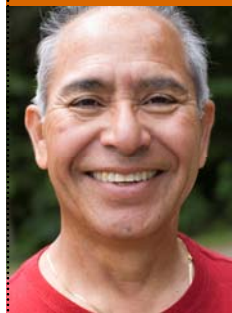
Sign Up Now.
Spaces Are Limited.

-  Join a free 2 ½-hour Workshop, held each week for six weeks at Camden County Senior Corps/RSVP.
-  Learn from trained volunteer peer leaders.
-  Set your own goals and make a step-by-step plan to improve your health—and your life.

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



To register or get more information, please call:
856-663-4773



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."