



Free Workshop!



Do you have Type 2 Diabetes? Do you want to alleviate pain and fatigue? Do you want to be more independent and get more out of life? If so, then...

Join Us To Take Control of Your Health

A six-week workshop for people with Type 2 Diabetes, or their caregivers. During the workshop you will learn:

- ❖ How to manage your symptoms;
- ❖ How to get started with healthy eating and exercise;
- ❖ How to communicate effectively with your doctor;
- ❖ How to manage fear, anger and frustration; and
- ❖ How to make daily tasks easier.

Take Control of Your Health: Diabetes Self-Management is an Evidence-Based program created by Stanford University and sponsored by the NJ Department of Human Services

Feel Better!

Take Control of Your Life!

Get Connected!

Every Tuesday from 1:00 - 3:30 pm starting October 2nd through November 6th

Rockaway Borough Community Center, 21 - 25 Union Street, Rockaway, NJ 07866

TO REGISTER OR LEARN MORE ABOUT THE WORKSHOP CONTACT:

Randolph Township Health Department

(973) 537-7125

This program is offered through a partnership between the Somerset County Board of Chosen Freeholders, and the Office on Aging & Disability Services.

