



# 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 23<sup>rd</sup> through November 27<sup>th</sup>

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.

