

Project Healthy Living

Are You or a Loved One Living with

Arthritis • Asthma • Diabetes

Osteoporosis • Other Chronic Health Conditions?

Project Healthy Living is:

- ❖ *A FREE six-session health education workshop, with a FREE reference book provided*
- ❖ *For persons with any ongoing or long-term health*

In the program you will learn:

- ❖ How to manage your symptoms
- ❖ How to get started with healthy eating and exercise
- ❖ How to communicate effectively with your doctor and health care team
- ❖ How to manage your fear, anger, and frustration



Classes offered at:
Church of the Messiah
50 Rt. 24, Chester, NJ
WEDNESDAYS
9am-12pm

New six week workshop begins APRIL 16TH, 2008

Space is limited-Sign Up Today

To reserve your spot call:

The Senior Resource Center

