



# Take Control of Your Health NOW!

*Is your chronic  
condition getting  
the best of you?*

*6 weeks can change  
your life!*

**Take Control of Your Health** is 6-week FREE, evidence-based workshop created by Stanford University, and will provide you with the tools and strategies for managing various chronic conditions such as arthritis, heart and lung conditions, anxiety, diabetes or high blood pressure. You will learn:

- *How to manage stress*
- *How to improve your communication skills*
- *How to cope with depression and fatigue*
- *How to eat healthy and maintain your weight*
- *How to get more out of life*

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

**\*\*Register now for this FREE workshop!\*\***

Take Control of Your Health  
is a complimentary workshop  
presented by:



SCAN | Social Community Activities Network  
180 Highway 35 South | Eatontown, NJ 07724  
732.542.1326 | [www.scannj.org](http://www.scannj.org)

Location: Elton Corner Heritage Village  
895 Elton Adelphia Rd, Freehold, NJ  
Dates: Jan 18 – Feb 22 (Fridays)  
Time: 10:30am-12:30pm

*6 Weeks Can Change Your Life!*  
**Register: 732.542.1326**

This program is made possible by funding from Monmouth County Office on Aging