

TAKE CONTROL OF YOUR HEALTH



BREAKFAST PROVIDED | \$50 GIFT CARD FOR PROGRAM COMPLETION

Take control of your health is a six-session workshop that gives people with chronic conditions and/or their caregivers the knowledge, skills and confidence to take a more active role in their health care.

Program held on **Thursdays** for 6 six weeks **starting July 13th**

9:30AM - 11:30AM

Howard Stainton Senior Center | 1735 Simpson Avenue, Ocean City, NJ 08226

July 13 | July 20 | July 27 | August 3 | August 10 | August 17

WWW.CAPEASSIST.ORG/TAKECONTROL

For questions or more information, contact Sarah Florence at Sarah@CapeAssist.org or (609) 522-5960.