



Sponsored by:
Bergen County
Department of Health
&
Fair Lawn Senior Center



*Bergen County Executive
James J. Tedesco III
and the
Board of Commissioners
invite you to participate in*



Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about
TAKE CONTROL OF YOUR
HEALTH Workshops.**

Led by:

Marielisa Rosado,
Asst. Health Educator
&

Nancy Whittaker,
FLSC Fitness Instructor



**Put Life
Back in
Your Life**

**TAKE CONTROL OF YOUR HEALTH
WORKSHOP**

6-week FREE workshop on
Wednesdays from 1-3 pm:
February 19 and 26, 2025
March 5, 12, 19 and 26, 2025



Fair Lawn Senior Center
11-05 Gardiner Road
Fair Lawn, NJ 07410

Registration is required.

Put Life Back Into Your Life.

Consider a TAKE CONTROL OF YOUR HEALTH FREE Workshop developed by Stanford University.

Free book. Certificate on completion of at least 4 sessions!

Are you an adult (over 18 yrs) with an ongoing health condition or a caregiver of a person with a chronic disease?

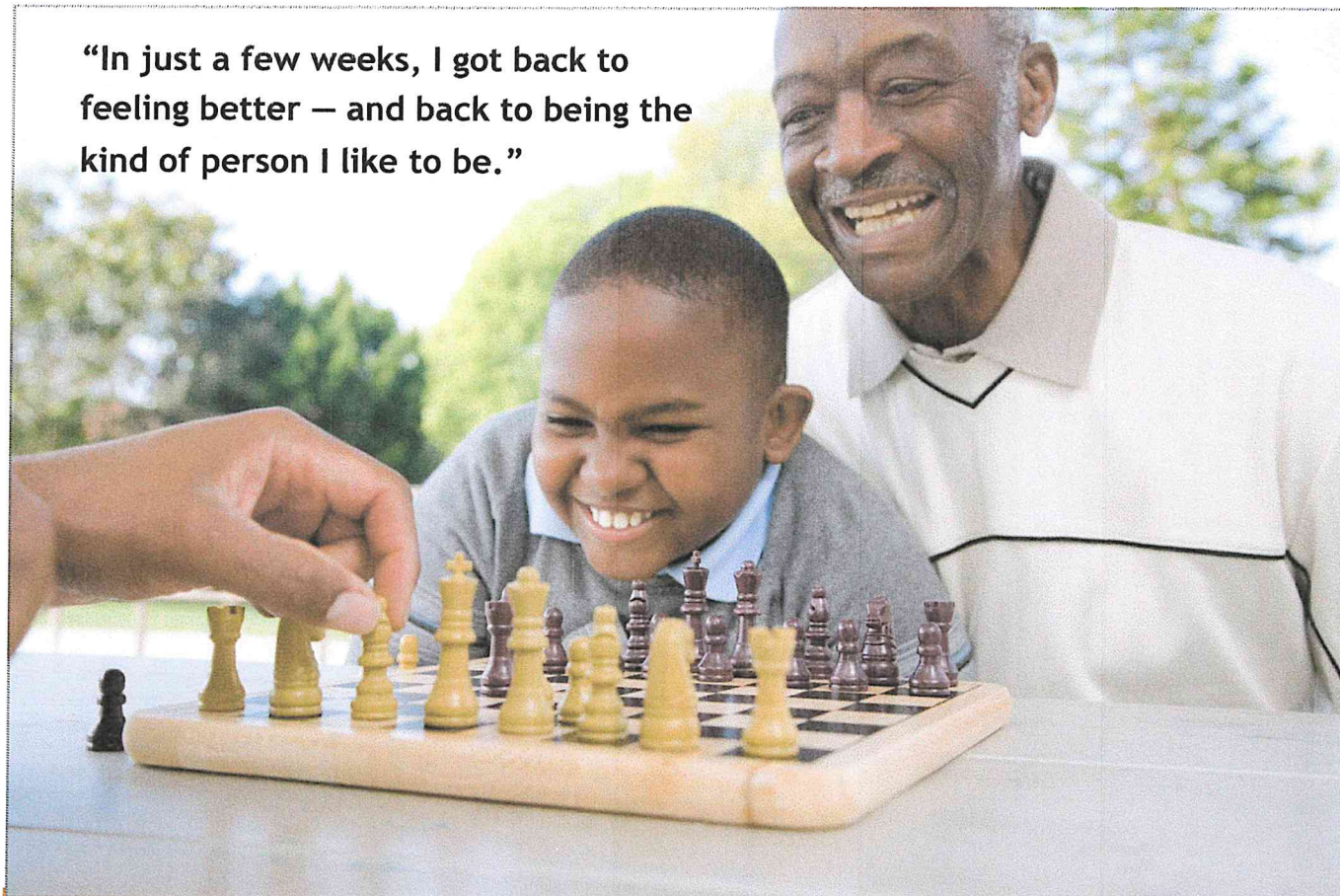
You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, depression, anxiety, or addictions, this workshop can help you take charge of your life.

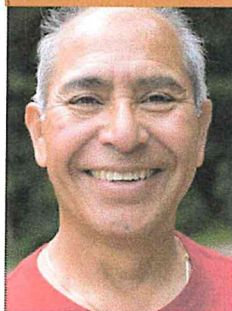
Sign Up Now.
Spaces Are Limited.

- Join a free 2 hour Bergen County Workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



**Please Register by
Friday, February 14, 2025
for the 6-week Workshop.**



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”