

Improve Your Life

by improving your health!



You or your loved one may be one of the 80% of Older Americans who are living with a long term health condition.

Do YOU want to:

- *feel better?*
- *get more out of life?*
- *be more independent?*
- *learn about eating healthy?*
- *learn about exercising safely?*
- *alleviate pain and fatigue?*

If so, this **FREE**

Take Control of Your Health Workshop Series is for you!



Take Control of Your Health Workshop Series

**Raritan Borough Hall
Community Room
22 First Street, Raritan**

Thursdays

10:00 am - 12:30 pm

May 16, 23, 30

June 6, 13, 20

To register, email toolan@co.somerset.nj.us or call **908-203-6072**

Must be 60 & over.

Preference given to county residents.



This program is offered through a partnership between the Somerset County Board of Chosen Freeholders, the Office on Aging & Disability Services, and the Somerset County Department of Health

