



Is your chronic
condition getting
the best of you?

Empower Yourself, Empower Your Health

Empower Yourself, Empower Your Health is a six-session workshop that gives people with chronic conditions and their caregivers the knowledge, skills, and confidence to take a more active role in their health care. Workshops are led by certified peer leaders and offered free or at a low cost.



To find a workshop call (609)376-0927



Elevate Your Everyday

Empower Yourself, Empower Your Health

*"I was tired. I hurt all of the time. It felt like my health problems were telling me what I couldn't do. **Empower Yourself, Empower Your Health workshops** put me back in charge. Now I have the energy to do the things that matter. I've put power back in my life."*



To find a workshop near you call (609)376-0927



Elevate Your Everyday

Consider a
**EMPOWER YOURSELF,
EMPOWER YOUR HEALTH**
Workshop



Adults 65+ can learn to manage chronic conditions and improve overall health through the **Empower Yourself, Empower Your Health** Workshop.



“The workshops, help me get back in charge of my life. I feel great.”

SIGN UP NOW
Spaces Are Limited



Learn from trained volunteer leaders with health conditions themselves.



Join a free 2 ½-hour Chronic Disease Self-Management Workshop, held each week for six weeks.



Set your own goals and make a step-by-step plan to improve your health, and your life.



Register or get more information by calling

609-376-0943

