

**\$25 GIFT
CARD FOR
GRADUATES**

TAKE CONTROL OF YOUR HEALTH

Are you 55 or older and have an ongoing health condition or pain? Are you a caregiver for someone with a chronic condition?

Fridays: 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

9:30 to 11:30

Virtual Program

Join us for this free program, where you'll meet new people and...

- learn strategies for managing symptoms
- learn strategies for working with health care professionals
- learn skills like: setting weekly goals, problem-solving, relaxing, handling difficult emotions, eating well, and exercising safely and easily.

Register with Stephanie Drag

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<https://www.surveymonkey.com/r/TakeControlBergen>

