

Self-Management: The Key to Healthy Living (FREE)



This 6 week program designed by Stanford University teaches the skills needed for the day-to-day management of chronic conditions. It is an interactive program in which participants share information and receive techniques on topics such as managing symptoms, communicating effectively with healthcare professionals, fighting fatigue, and generally getting more out of life. Adults of all ages who are living with a wide range of chronic conditions, as well as caregivers, are encouraged to attend.

RWJ Hamilton Center for Health & Wellness
Healthy Cooking Kitchen
Tuesdays, July 8, 15, 22, 29, August 5 & 12, 2008
1:00 to 3:30 PM
Registration is required
Call HealthConnection
609-584-5900