

**Location:**

Your Home

Sponsored by the Bergen County Departments of Health Services and Human Services and The Center for Alcohol and Drug Resources



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.**



**Put Life  
Back in  
Your Life**

Bergen County Executive  
James J. Tedesco III  
And the  
Board of Commissioners

**TAKE CONTROL OF YOUR  
HEALTH VIRTUAL WORKSHOP**

6 week free workshop  
Wednesdays, March 2, 9, 16, 23, 30,  
April 6, 2022  
12:30-2:30 PM



This program will be virtual and a computer, laptop or tablet is required. The link will be sent out before each class.

**Put Life Back Into Your Life.**

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


Free book. Gift card and 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.

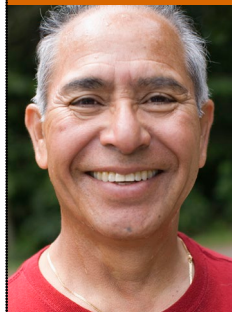
 Learn from trained volunteer leaders with health conditions themselves.

 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.”



To register or get more information, please call:  
201-634-2693 or email [mklein@co.bergen.nj.us](mailto:mklein@co.bergen.nj.us)



“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.”