



A Service of the Union County
Board of County Commissioners

UNION COUNTY
We're Connected to You!

**Union County Office of
Health Management
presents...**

Dates:

September 22

September 29

October 6

October 13

October 20

October 27

(Every Thursday from
Sept. 22 - Oct. 27)

Time:

1 pm - 3:30 pm

Location:

Anthony Amalfe
Community Center
1268 Schaffer Avenue
Roselle, NJ 07203

To Register:

call 908-518-5622
or email Jessica Mindo
(jmind@ucnj.org) or Breon
Boseman-Sims
(breon.sims@ucnj.org)

Each participant gets:

A Free Copy of *Living a Healthy
Life with Chronic Conditions*,
Healthy Snacks, Incentives, and a
Completion Certificate



A FREE SIX-WEEK WORKSHOP

Cancer:

Thriving & Surviving

Join us to learn techniques to deal with:

- Symptoms
- Decisions about treatment and complementary therapies
- Communicating effectively
- Fear, anger, and frustration
- Regaining and maintaining endurance and flexibility

**Sign up today and mark your calendars, so
you can attend all six sessions.**

Unfortunately, we cannot have new attendees after session #2



*This workshop is provided to you through funding from
the Regional Chronic Disease Coalition of Middlesex and Union Counties*