

## News from the Somerset County Board of Chosen Freeholders

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FOR IMMEDIATE RELEASE  
October 30, 2020

# Office on Aging Offers Free Virtual Self-Care Workshop

*'Take Control of Your Health: A Chronic Disease Self-Management Program'  
There's Still Time to Register by Nov. 5*

**SOMERVILLE, NJ** – The Somerset County Office on Aging and Disability Services is sponsoring a free, six-week Zoom workshop titled, “Take Control of Your Health: Chronic Disease Self-Management Program.” The informative program is for caregivers and/or individuals age 60 years and above who have- or are at risk for developing a chronic health condition. The workshop is designed to help participants develop the tools they need to take an active role in managing their health. This informative workshop is an evidence-based program that has shown proven results for improvement in participants’ health.

According to researchers, people who improve their health by practicing healthy behaviors become more confident about having the ability to manage their condition, can more easily participate in daily activities and are less bothered by their illness.

The “Take Control of Your Health: Chronic Disease Self-Management Program” is a fun, practical and interactive workshop that can help participants learn to better manage chronic conditions, overcome daily challenges and improve their quality of life. Course participants will find out how to manage symptoms by improving eating habits, increasing exercise and learning how to communicate more effectively with their healthcare team. Participants will also gain skills for coping with negative emotions such as fear, anger and frustration.

### Dates and Times

Preregistration is required by **Nov. 5**, and the class size is limited to 12 participants.

- **Monday** sessions are from **2 p.m. to 4:30 p.m.**, on **Nov. 16, 23, 30**, continuing through **Dec. 7 and 14**.

A virtual technical session will be held on **Nov. 9 at 2 p.m.** to ensure that participants can access the platform and troubleshoot if they experience technical problems.

### Program Requirements

All participants **MUST** have a webcam (with a speaker) to participate in the workshop. Phone-only participation without a camera will not be allowed.

Participants will receive several resources that include a book titled “Living a Healthy Life with Chronic Conditions,” a workbook with a pre- and post-test, an exercise CD and a Mindful Meditation CD.

For more information, or to register call Parul Patel at the Senior Wellness Center Bridgewater at 908-203-6101.

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