



Robert Wood Johnson  
University Hospital  
Hamilton

RWJ Barnabas  
HEALTH

Community Education

# TAKE CONTROL OF YOUR HEALTH

## CHRONIC CONDITIONS PROGRAM

Wed., July 18  
through August 22;  
1 to 3:30 p.m.

This six-week interactive program designed by Stanford University teaches the skills needed for the daily management of chronic conditions such as diabetes, arthritis, heart disease and back pain. Textbook included.

**REGISTRATION REQUIRED.** Call HealthConnection: **609.584.5900**. Or register online: [rwjhamilton.org/education](http://rwjhamilton.org/education). Programs are held at the RWJ Fitness & Wellness Center, unless otherwise noted. All programs are FREE, unless otherwise noted. Registration is strongly encouraged so that all guests may be seated and also notified if a program is canceled.