

STANFORD UNIVERSITY'S CHRONIC DISEASE SELF- MANAGEMENT PROGRAM TAKE CONTROL OF YOUR HEALTH

WHEN

May 15th, 2019 TO June 19, 2019
6 - Wednesdays: 1:30pm - 4:00pm

WHERE

Fusion Muslim Community Center
650 Pascack Rd, Paramus NJ

TO REGISTER—PLEASE CALL
201-265-2100 EXT. 2300

WWW.FMCCNJ.COM

COURSE BOOK AND REFRESHMENTS WILL BE PROVIDED



Community Health
Improvement Partnership
OF BERGEN COUNTY



THE FUSION
MUSLIM COMMUNITY CENTER OF NORTH JERSEY

FREE WORKSHOP BENEFITS

Techniques to deal with problems such as frustration, fatigue, pain and isolation

Appropriate exercise for maintaining and improving strength, flexibility, and endurance

Appropriate use of medications

Communicating effectively with family, friends, and health professionals

Nutrition

How to evaluate new treatments.

Examples of chronic conditions are arthritis, diabetes, high blood pressure, Alzheimer's disease, cancer, chronic obstructive pulmonary disease, asthma, depression, mental illness and addiction.