



# “Take Control of Your Health”



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Help Others Do the Same

## Become a Volunteer Peer Leader!

**Long term health conditions** such as Arthritis, Asthma, Bronchitis, Cancer, Depression, Diabetes, Emphysema, Heart Disease, High Blood Pressure, High Cholesterol, Multiple Sclerosis, Parkinson’s disease, etc. often **affect one’s ability to enjoy life to the fullest.**

**Take Control of Your Health** is a **FREE** six-week workshop series that meets for 2 ½ hours per week. Adults of any age may participate in the program. Sessions are facilitated by two volunteer peer leaders. Peer leaders are expected to facilitate at least one workshop series per year. **FREE training is provided.**

The Sussex County Department of Human Services, Division of Senior Services is pleased to present:

### **FREE Volunteer Peer Leader Training**

**February 28 and 29 and March 6 and 7, 2012**

**9:30 a.m. – 4:00 p.m.**

**(You must attend all four days.)**

**Sparta Health and Wellness Center  
Cancer Center Conference Room  
89 Sparta Avenue  
Sparta, NJ 07871**

**Complimentary lunch and refreshments will be served.**

For additional information and/or to register for the training, please contact:

**Regina Hannapple  
Sussex County Division of Senior Services  
One Spring Street, Newton, NJ 07860  
973-579-0555 Ext. 1281or  
[RHannapple@sussex.nj.us](mailto:RHannapple@sussex.nj.us)**