

–Innovations Ministries Presents–
**TAKE CONTROL OF YOUR
HEALTH**
WORKSHOP

Six-session workshop begins
Thursday, January 17, 2019, 7:00pm – 9:30pm

–Bethany Baptist Church–
1115 Gibbsboro Road Lindenwold, NJ 08021

If you have a chronic condition, or are a caregiver, this workshop is for **YOU!** It's time to take a more active role in your health. Learn how to live empowered with conditions such as asthma, chronic pain, depression, diabetes, heart disease, and others!

Find new ways to:

Manage stress and relax • Make better nutrition & physical activity choices
Control pain and improve activity • Talk to your doctor and family about your health
Set goals and create a plan to improve your health and your life

Light refreshments will be served.

Workshop is free. Registration is required.
To register contact Rev. Cynthia Jackson:
call: (856) 782-6751
e-mail: cjackson@go2generationsinc.com

