



**FREE**

*\*limited spots available*

# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Join us for a **FREE**, 6-week program for people with chronic conditions and/or their caregivers.



**Thursdays**  
**May 14, 21, 28,**  
**June 4, 11 & 18 - 2026**



**9:30am - 12:00pm**



**Raritan Borough Hall**  
**Community Room**  
**9 West Somerset Street**  
**Raritan, NJ 08869**

### Learn how to:

- Better understand and manage symptoms
- Problem-solve and make decisions for positive changes
- Ways to maintain a healthy lifestyle.

## REGISTER TODAY!

*Must be 60 years and older with Somerset County residency.*  
Email [health.educator@somersetcountynj.gov](mailto:health.educator@somersetcountynj.gov)  
or call 908-203-6072 to register.



Somerset County Department of Health  
[SomersetCountyNJ.gov/health](http://SomersetCountyNJ.gov/health)  
908-231-7155



**SOMERSET COUNTY**  
**OFFICE ON AGING &**  
**DISABILITY SERVICES**