



Hanover Township Press Release
Hanover Township Senior Center
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FOR IMMEDIATE RELEASE

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TOWNSHIP TO OFFER SENIOR WORKSHOP

Discover ways to *Take Charge of Your Health* again! Hanover Township Senior Services will offer a six week, chronic disease self-management workshop for seniors on Tuesdays, from August 9 to September 13, from 1:30-3:30PM at the Poplar Creek Library, 1405 S. Park in Streamwood.

Throughout the course of the *Take Charge of Your Health* program, participations will learn new skills to take a more active approach to treatments. Discussion will include:

- Coping with fatigue, frustration, pain, and isolation that may be related to ongoing health conditions.
- Exercising to maintain and improve strength, flexibility and endurance.
- Using medications.
- Communicating with family, friends and health professionals
- Practicing good nutrition.
- Evaluating new treatment options.

Take Charge of Your Health is sponsored and licensed by Age Options, the regional agency on aging serving suburban Cook County. To register, residents can call the Poplar Creek Library at 630-483-4910.

Funding for this event was provided by the Illinois Department of Public Health.



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For additional questions about the *Take Charge of Your Health* program, please contact Cathy Reese at 630-483-5669 or creese@hanover-township.org.

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