



A Service of the Union County  
Board of County Commissioners

**UNION COUNTY**  
*We're Connected to You!*

**Union County Office of  
Health Management  
presents...**

**Dates:**

September 22

September 29

October 6

October 13

October 20

October 27

(Every Thursday from  
Sept. 22 - Oct. 27)

**Time:**

1 pm - 3:30 pm

**Location:**

Anthony Amalfe  
Community Center  
1268 Schaffer Avenue  
Roselle, NJ 07203

**To Register:**

call 908-518-5622  
or email Jessica Mindo  
([jmind@ucnj.org](mailto:jmind@ucnj.org)) or Breon  
Boseman-Sims  
([breon.sims@ucnj.org](mailto:breon.sims@ucnj.org))

**Each participant gets:**

A Free Copy of *Living a Healthy  
Life with Chronic Conditions*,  
Healthy Snacks, Incentives, and a  
Completion Certificate



A FREE SIX-WEEK WORKSHOP

**Cancer:**

**Thriving & Surviving**

Join us to learn techniques to deal with:

- Symptoms
- Decisions about treatment and complementary therapies
- Communicating effectively
- Fear, anger, and frustration
- Regaining and maintaining endurance and flexibility

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**Sign up today and mark your calendars, so  
you can attend all six sessions.**

Unfortunately, we cannot have new attendees after session #2



This workshop is provided to you through funding from  
the Regional Chronic Disease Coalition of Middlesex and Union Counties