

## PRESS RELEASE

CONTACT: Mayor's Office

861-5301

6 June 2014

### **CAPE ASSIST TO HOST "TAKING CONTROL OF YOUR HEALTH" SERIES AT WOODBINE COMMUNITY CENTER**

**Woodbine**—Mayor William Pikolycky is pleased to announce that Cape Assist will be hosting a "Take Control of Your Health" six-week seminar series for Seniors at the Woodbine Community Center, 812 Longfellow Avenue, Woodbine.

The six classes are designed to teach those with a chronic condition such as arthritis, diabetes, high blood pressure, chronic pain and or anxiety as well as other health conditions and their caretakers:

- How to manage your symptoms
- How to get started eating healthy and exercising
- How to communicate effectively with your doctor
- How to manage fear, anger, and frustration
- How to make daily tasks easier

The program will be held Tuesdays from July 1 to August 5, from 9:30 am to 11:30 am, and will include a light lunch.

Space is limited so pre-registration is required.

Call Temerity Berry at 522-5960 or email her at [temerity@capeassist.com](mailto:temerity@capeassist.com).

All participants will receive a free guidebook to Living a Healthy Lifestyle with a Chronic Condition (valued at \$18.95)

"I urge all our Seniors and those in the surrounding communities to take advantage of joining us in this fun, free, educational opportunity with advice that could be a "life-changer", urged Mayor Pikolycky. "I thank Cape Assist for again providing this program in Woodbine."