

## PRESS RELEASE

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### **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 “Taking 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 from 10 to noon on March 22, April 5, April 12, April 19, April 26, and May 3, 2013.

“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 providing this program for Woodbine.”

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)