

BETTER CHOICES, BETTER HEALTH

A SELF-MANAGEMENT WORKSHOP.

Put Life Back Into Your Life.

- Are you an adult with an ongoing health concern?
- Are you taking care of someone with an ongoing health condition?

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, COPD, chronic pain, anxiety, take charge of your life with a *Better Choices, Better Health* Workshop.



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

Topics Include:

- Using your mind to manage symptoms
- Feedback/problem-solving
- Fitness/exercise
- Pain
- Fatigue
- Communication

Sign up Now. Space is Limited.

- Join *Better Choices, Better Health*, and a 2½-hour interactive, peer-supported workshop held each week for 6 weeks.
- Learn from trained leaders who also have health conditions.
- Set your own goals and make a step-by-step plan to improve your health

Sign Up Now

Date: Begins Tuesday, Jan. 31, 2012
Time: 9:30-Noon
Where: Frisbie Memorial Hospital Classroom (across from the Gift Shop)
Cost: \$30.00 for 6 weeks, \$15.00 refunded after successful participation in *Better Choices, Better Health*.
Contact: Rachel Eichenbaum (603)332-3100 ext. 8610

REGISTRATION

Name: _____

Address: _____

Phone Number: _____

Email (if available): _____

Emergency Contact & Phone: _____

Please mail registration form along with check to:

*Frisbie Memorial Hospital
Education Department
11 Whitehall Road
Rochester, NH 03867*