



a partner of the  
New Hampshire Chronic Disease  
Self-Management Network



**Feel better**

**Be in control**

**Do the things  
you want to do**

For more information about Better Choices, Better Health workshops, contact your local Area Health Education Center

For Coos, Carroll, Grafton & Belknap counties, please contact our Program Coordinator at [nhahec@nchcnh.org](mailto:nhahec@nchcnh.org) or at (603) 259-3700.  
<http://www.nchcnh.org/AHECchronic.php>

For Cheshire, Sullivan, Merrimack, Hillsborough, Rockingham & Strafford counties, please contact Tracie at [tholmes@snhahec.org](mailto:tholmes@snhahec.org) or at 603-895-1514 x 4.  
[www.snhahec.org/BetterChoices,BetterHealth.cfm](http://www.snhahec.org/BetterChoices,BetterHealth.cfm)

Members of the NH CDSMP Network



Better Choices,  
Better Health

*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?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

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.

### Sign Up Now. Space is Limited.



Join *Better Choices, Better Health*, a 2 ½-hour interactive, peer-supported workshop held each week for six 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 and your life.



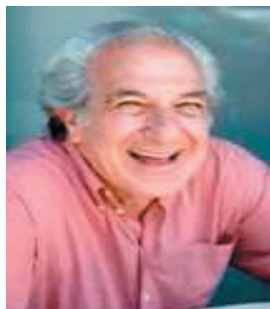
*"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."*

### Topics Include:

- ✓ Making an action plan
- ✓ Using your mind to manage symptoms
- ✓ Feedback/problem-solving
- ✓ Difficult Emotions
- ✓ Fitness/exercise
- ✓ Better breathing
- ✓ Pain
- ✓ Fatigue
- ✓ Nutrition
- ✓ Plans for health care
- ✓ Communication
- ✓ Medications
- ✓ Making treatment decisions
- ✓ Depression
- ✓ Working with your health care professional
- ✓ Working with the health care system
- ✓ Future plans

## Consider a "Better Choices, Better Health" Workshop

See back for Registration information



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



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