

FOR IMMEDIATE RELEASE

For More Information

[Contact Name]

[Phone]

Better Choices, Better Health® SD Workshop Coming to [SD COMMUNITY]

[City], SD – Take control of your health by participating in educational sessions specifically designed for adults with chronic conditions. A Better Choices, Better Health Chronic Disease workshop will take place on [Day], [Dates], at the [Location & Address]. The sessions will take place from [Times].

Better Choices, Better Health Chronic Disease workshops teach strategies to handle chronic health conditions and improve quality of life. Each workshop consists of six two-and-a-half hour sessions with interactive group discussion. Better Choices, Better Health® SD is not a support group but rather a workshop on how to make small steps toward positive changes and a healthier life.

The workshop topics will include: managing pain, fatigue and stress; tips for healthy eating, personal exercise plans; relaxation techniques; medication how-to's; dealing with emotions; and working better with your doctor and care team.

The program was originally developed by Stanford over 20 years ago. The program is designed for those with chronic conditions that might include, but are not limited to: arthritis, heart problems, diabetes, depression, cancer, high blood pressure, breathing problems, chronic pain, anxiety, weight issues and fibromyalgia.

The South Dakota Department of Health, South Dakota State University (SDSU) Extension, and South Dakota Department of Human Services launched the Better Choices, Better Health® SD in an effort to teach South Dakotans with chronic health conditions ways to manage the impact of their disease on their lives and their families' lives. The classes are offered in partnership with [partner organization – if applicable].

For more information or to register for the workshop, call the SDSU Extension Office at 1-888-484-3800. Online registration is available at www.betterchoicesbetterhealthsd.org. Preregistration is required.

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NEWS MEDIA: For more information, or to arrange an interview, please call [CONTACT INFORMATION]. Thank you.