

Take Charge. Live Healthy.

Better Choices, Better Health® SD **CANCER:** **THRIVING & SURVIVING WORKSHOPS**

They are FREE and help cancer patients and caregivers manage their health and symptoms. Get the support and tools to help you live your life to the fullest.



BETTER CHOICES
better health
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES



BETTER CHOICES
better health[®]
CANCER

What You'll Learn.

Ways to manage your life and stay motivated following a diagnosis of cancer. Plus:

- Managing fatigue, pain, & difficulty sleeping
- Dealing with difficult emotions, relationships, & body changes
- Nutrition, fitness, & relaxation ideas
- Communicating with providers & caregivers

What You'll Get.

Workshops are held once a week for 6 weeks. Each 2½ hour session is led by trained leaders who have chronic conditions themselves. Expect:

- More energy & less fatigue
- Improved quality of life
- Mutual support from others living with & surviving cancer
- Increased confidence in managing your symptoms & condition
- **FREE** book, relaxation CD, & certificate of completion to share with your doctor!

Let's do this. Together.

For more, or to register:

betterchoicesbetterhealthsd.org
1-888-484-3800



SOUTH DAKOTA
Foundation for Medical Care



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