

Take Charge. Live Healthy.

Better Choices, Better Health® SD CHRONIC DISEASE WORKSHOPS ARE FREE! They are designed to help adults living with chronic conditions and caregivers manage physical and mental health wellness. When you have the support and tools to make healthier choices, you can improve your health and lead a fuller life!



BETTER CHOICES
better health
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES



BETTER CHOICES
better health[®]
CHRONIC DISEASE

What You'll Learn.

This workshop will teach you new ways to manage your condition & will give you ideas to help keep you motivated! Plus:

- Goal setting & problem solving
- Managing difficult emotions
- Understanding medications
- Communicating with providers and family
- Making informed treatment decisions
- Relaxation techniques
- Nutrition and physical activity planning & ideas

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:

- Better overall health
- More energy & less fatigue
- More active lifestyle
- Increased confidence and support from others
- **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



For the Better Choices, Better Health[®] South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

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