

Take Charge. Live Healthy.

Better Choices, Better Health® SD **WORKSITE CHRONIC DISEASE WORKSHOPS** are free for employees!

It's an opportunity to discuss and share the challenges of balancing work and managing physical and mental health wellness in the workplace. 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[®]
WORKSITES

What You'll Learn.

This workshop will teach you new ways to manage your chronic condition(s) and ideas to help keep you motivated! Plus:

- Balancing work & home life
- Time management
- Ways to deal with frustration, fatigue, pain, & stress
- Goal setting & problem solving
- How to improve strength, flexibility, & endurance
- Managing difficult emotions, isolation, & poor sleep
- Medication management
- Communicating with providers & family

What You'll Get.

Workshops are held twice a week for 6 weeks. Each 1 hour session is led by trained leaders who have chronic conditions themselves. Expect:

- Better overall health
- More energy & less fatigue
- Improved work performance
- Increased confidence & support from others
- **FREE** book & certificate of completion

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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