



BETTER CHOICES, BETTER HEALTH®

A 6-part series

**ARE YOU DEALING WITH AN ONGOING HEALTH CONDITION?
ARE YOU A CAREGIVER FOR ANOTHER PERSON?**

JOIN KATE KELLY AND SUE BUTEAU, FACILITATORS

FRIDAYS, JUNE 8TH THROUGH JULY 13TH

10:00 AM – 12:30 PM

AT THE MCINTYRE SCHOOL APARTMENTS

16 HIGHLAND STREET, WHITEFIELD

- **Feel better • Be in charge of your life • Do the things you want to do •**
- **Learn practical ways to deal with the problems of chronic health conditions • Get the support you need • Discover better nutrition and exercise choices • Understand new treatment options • Manage your medications • Practice disease-related problem solving • Improve communication with your physician and family about your health issues • Develop a better partnership with your physician • and more!**

~ PRE-REGISTRATION IS REQUIRED ~

To register, or for more information call Sue at (603) 788-2543

