

# Better Choices, Better Health

Are you or someone you are caring for living with a chronic condition(s), such as diabetes, arthritis, high blood pressure, heart disease, COPD, chronic pain, or anxiety?

**Class meets 1:00-3:30 PM**  
**on dates: Sept. 11, 18, 25 & Oct. 2, 9, 16**

ATTENDANCE IS FREE



North Country Community  
Recreation Center (NCCRC)  
33 Rec Center Road  
Colebrook, NH 03576



Join Better Choices, Better Health:  
Chronic Disease Self-Management  
class to gain the support and skills  
to coordinate all the things needed to  
manage your health, keep active, and  
feel more in charge of your life—or  
help your loved one!

## Register Today!

**By Phone:**

Carolyn Nicoli: 603-575-9078 x 719

John Gilbert: 603-575-9078 x 717

**Online:**

<http://bit.ly/BCBH-Colebrook>



COMMUNITY  
Health  
Worker



An SMRC Evidence-Based Self-Management Program  
originally developed at Stanford University.

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