

# 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: Feb. 17, 24 & Mar. 2, 9, 16, 23, 2020**

**ATTENDANCE IS FREE**



Weeks Medical Center  
173 Middle Street  
Lancaster, NH 03584



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:**

John Gilbert: 603-259-4805

Amber Culver: 603-259-4804

**Online:**

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



COMMUNITY  
Health  
Worker



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

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