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 Live Online for 6 weeks



ATTENDANCE IS FREE

August 31, September 7, 14, 21, 28, & October 5 (Tuesdays) at 1:00 - 3:30 pm

Ioin Better Choices, Better
Health: Chronic Disease
Self-Management
Program class series 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!



https://bit.ly/CDSMP-Aug2021

Your Class Leaders: Korina Bazzell & Amber Culver

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NCHCNH.org





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

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