

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

On dates: **March 8, 15, 22 & 29, April 5 & 12**
(Tuesdays) at 1:00 - 3:30 pm



Join 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!

Register Today!



<https://nchcnh.info/CDSMP-March2022>

Your Class Leaders:

Carolyn Schofield, Korina Bazzell
& Britini Cummings

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