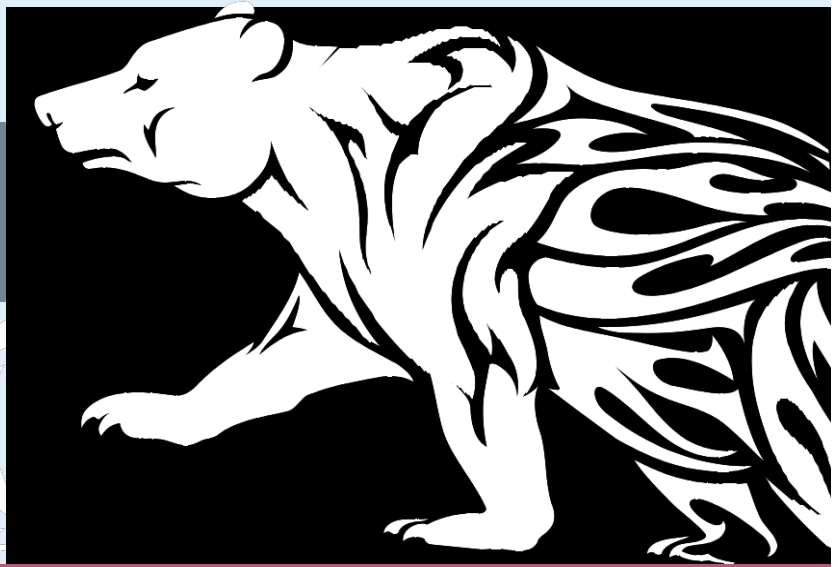


# Better Choices, Better Health®



Living with chronic health conditions can keep you from the things you love. A Better Choices, Better Health® workshop can help you live a healthier, happier way of life.

Workshops are designed for anyone living with, or caring for someone with a long-term, chronic health condition.

#### Topics Include:

- Improving communication with your health care team
- Making treatment decisions and action planning
- Preventing falls and improving balance
- Managing symptoms and difficult emotions

**This class series is provided at no cost.**

**Where: Red Lake Hospital - Fitness Center**

**Dates: 6 Wednesdays, May 16 – June 27**

[NO CLASS JUNE 20<sup>TH</sup>]

**Times: 9:30am to 12:00pm (light meal included)**

**To Register: Kathryn 218-333-8097 / 888-534-4432**

**Info@northwoodscaregivers.org**

