

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.

The class is free to attend.

Topics include:

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

