



# Better Choices, Better Health®

## Hinton

This six-series workshop will help you discover strategies and plan changes to help you feel better and enjoy life.

Topics include:

- Overcome the physical and emotional challenges of living with chronic conditions
- Manage pain, fatigue and stress
- Make positive nutrition and active living choices
- Set personal goals and acting on your plans.

### For any adult wanting to live better with:

- Diabetes
- Chronic pain
- Heart disease
- Arthritis
- Breathing concerns
- Depression/anxiety



- Weight management
- Cancer
- HIV
- Fibromyalgia
- Caregiving
- Other health challenges

#### Sessions

6 (1 per week)

#### Length

2 ½ hours each session

### Upcoming Workshop

**Hinton Friendship Center 965 Switzer Dr**

**November 13 – Dec 18 Wednesdays 2-430**

**Registration: 1-877-349-5711**

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