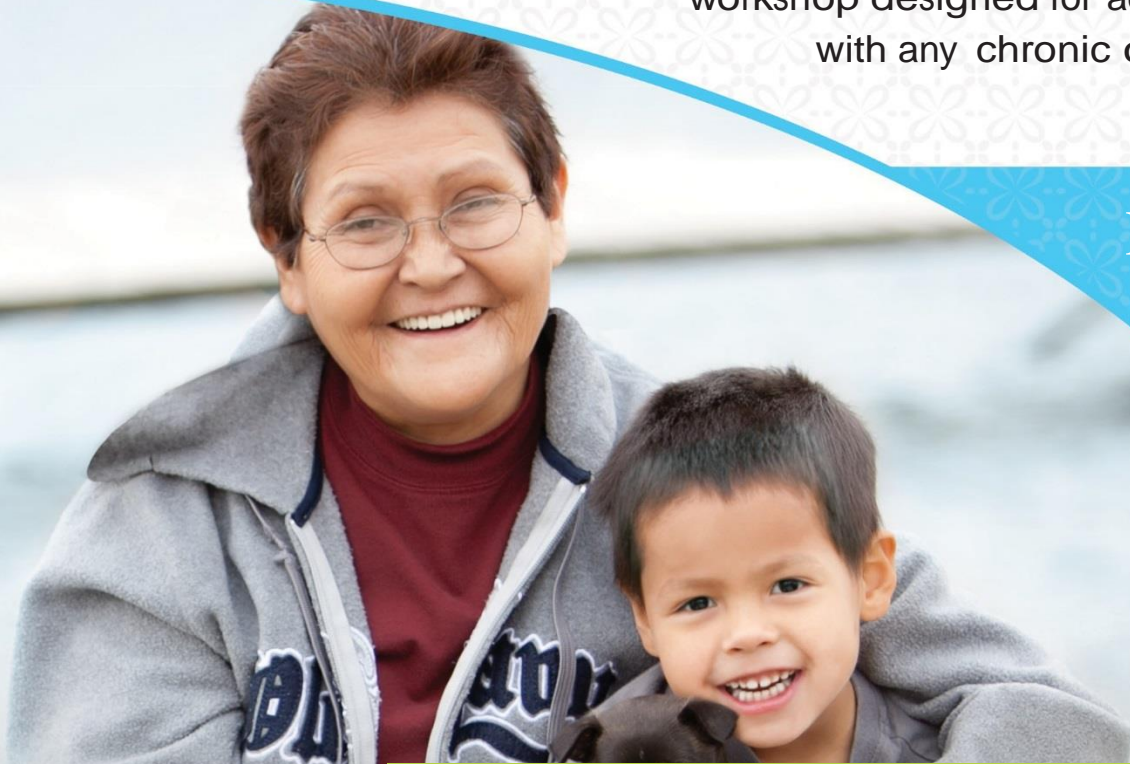




BETTER CHOICES
better health[®]
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

Better Choices Better Health[®]
is a chronic disease self-management
workshop designed for adults living
with any chronic conditions.

Register
today!



Workshop Topics:

(Six weekly 2 1/2-hour long sessions)

- Managing pain, fatigue and stress
- Tips for healthy eating
- Personal exercise plans
- Relaxation techniques
- Medication how-to's
- Dealing with emotions
- Working better with your doctor and care team

Let's do this.
Together.

Location: Fort Thompson Elderly Center

When: Every Thursday for 6 weeks starting July 20, 2017 – August 24, 2017

Time: 1:30 – 4:30

To Register Please Contact Cole Hunter at 605-721-7420 or Cole.Hunter@gptchb.org

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