



BETTER CHOICES

better health[®]

GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

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

Location: Western Resources for Independent Living
529 Kansas City Street, Rapid City, SD 57701

When: Every Tuesday for 6 weeks starting January 16, 2018 – February 20, 2018

Time: 6:00pm MT—8:30pm MT

To register please contact Chad Ratigan at
605-716-9581 or chad.ratigan@gptchb.org.

**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

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