



If you are an adult living with an ongoing health condition,  
consider this on-line workshop-

## **Better Choices, Better Health™**

Based on Stanford University's widely tested Chronic Disease Self-Management Program, Better Choices, Better Health™ can help you take charge of your life!

Find ways to deal with pain and fatigue  
Discover new nutrition and exercise choices  
Learn how to talk with your doctor about your health

**Register today! [www.selfmanage.org](http://www.selfmanage.org)**

***Free of charge - for a limited time only!***

**Or sign up for a workshop in your community:**

**Call 1-800-792-8820**

