

# *Put Life Back in Your Life!*

## **Better Choices, Better Health**



Are you an adult with an ongoing health concern or taking care of someone with a health condition?

Find the support you may need and ways to cope with pain and fatigue, discover better nutrition and exercise, and learn better ways to communicate with your family and doctor about your health.

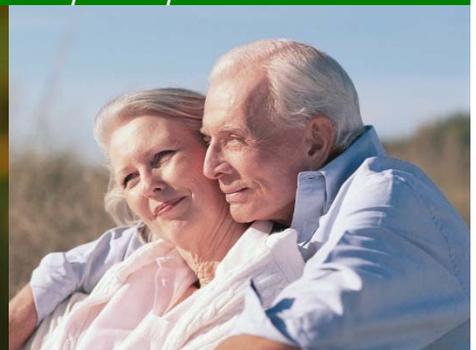
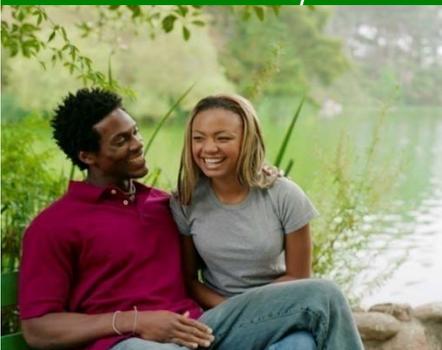
**The next "Better Choices, Better Health" Workshop will be starting on:**

**DATE: Wednesdays, April 6<sup>th</sup>-May 11<sup>th</sup>, from 9:00 - 11:30am  
Sherburne Woods Community Room, 1 Upham Dr., Deerfield, NH**

For more information or to register, call:

**Sue at Lamprey Health Care 244-7319 or Denny Greig at 463-8811 x310.**

*Workshops are 2 ½ hours long for 6 weeks at no charge for participants!*



In collaboration with the NH CDSMP Network,  
a Stanford University Chronic Disease Self-Management Program