

Better Choices, Better Health™

Join a small group
or online workshop today!

www.healthtrust.org/bcbh



HEALTHTrust

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If you've got an ongoing health condition, a **Better Choices, Better Health™** workshop* can help you take charge of your life.

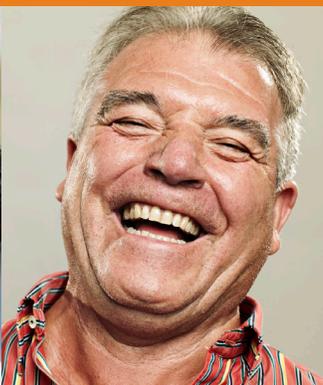
The workshops are convenient and easy to follow. Join a small group or learn online. Based on Stanford University's widely tested Chronic Disease Self-Management Program, a Better Choices, Better Health™ Workshop can help you:

- Find practical ways to deal with pain, fatigue, and stress
- Discover better nutrition and exercise choices
- Make informed treatment decisions
- Learn better ways to talk with your doctor and family about your health
- Get the support you need

Whatever your ongoing condition—diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or something else—a Better Choices, Better Health™ Workshop can help you set your own goals and make a step-by-step action plan to improve your health and your life.

** Small group workshops are available in English, Spanish, Vietnamese and Mandarin. Online workshops are available in English.*

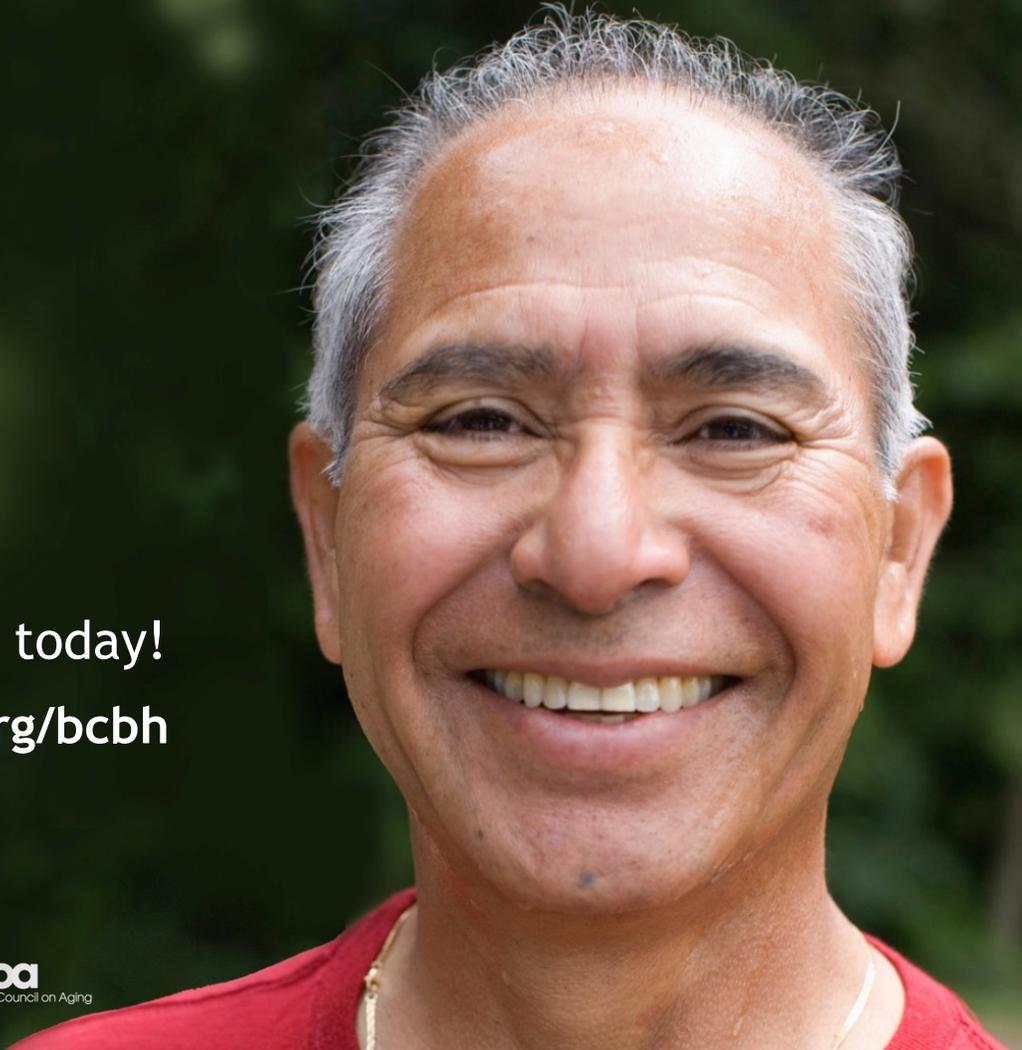
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