



Better Choices, Better Health™

Join us on the journey to living well!

Horseshoe Pond Place

26 Commercial Street, Ste. 105, Concord

Tuesdays, 10/16/18 – 11/20/18

9:30am – 11:30am

Who can take part?

People living with a chronic health condition or caring for someone with a chronic health condition are welcome. Feel free to bring a family member, friend, or caregiver.

How will this program help me?

As part of this workshop you will learn better ways of coping and managing your health by:

- Setting goals that are achievable
- Working with others
- Finding support and solutions to problems
- Making daily tasks easier
- Relaxing and managing stress
- Working in partnership with your healthcare team

Sponsored by:



Elder Services

Community Action Program
Belknap-Merrimack Counties, Inc.

This is a free program, however, registration is required.

Please call Amy Sporcic 225-3295 x.1137