



Better Choices, Better Health

A WORKSHOP FOR PEOPLE WITH ONGOING HEALTH CONDITIONS

PUT LIFE BACK INTO YOUR LIFE!



Do you have an ongoing health condition, such as arthritis, diabetes, chronic lung disease, depression, high blood pressure or heart disease? If so, a Better Choices, Better Health Workshop can help you take charge of your life.

- Feel better
- Be in control
- Do the things you want to do!

Sign Up Today!



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**Call:
Offered at No Charge**

