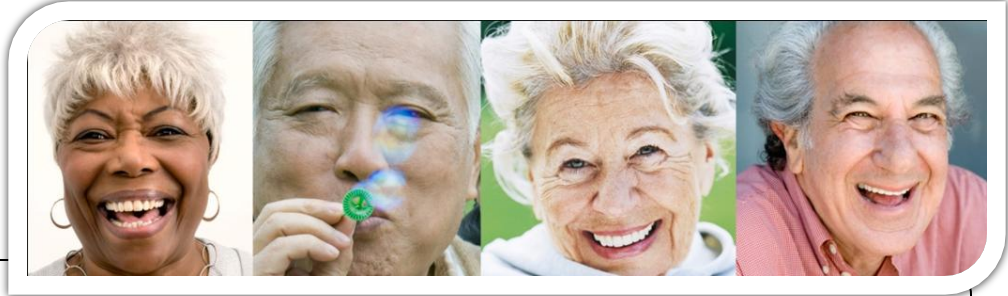




Better Choices, Better Health™

A Stanford Self-management Workshop
Powered by the National Council on Aging



Better Choices, Better Health™ Put Life Back Into Your Life

- ✓ Coping with an ongoing health condition?
- ✓ Anxious or depressed or coping with daily pain?
- ✓ It's not the way you want to live, but it's not the end of the story, either.

You can take steps toward a better life by signing up for a free, online **Better Choices, Better Health™** workshop at: www.selfmanage.org.

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
- * Understand new treatment options
- * 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 take better control of your health and your life.

Better Choices, Better Health™: How It Works

Workshops are easy to follow and take place entirely online. They allow you to join from any computer with an Internet connection, even a dial-up connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks. You'll log on at your convenience two or three times a week for a total of about two hours a week. You can remain anonymous—no one in the group needs to know who you really are—and everything takes place on a dedicated, secure Web site.

You'll learn from trained volunteer leaders, many with health conditions themselves. And there's nothing to prove, so there's nothing to worry or be anxious about. You'll set your own goals and make a step-by-step action plan to help you feel better and start doing the things you want to do again.

Sign Up Today

To register online for a **Better Choices, Better Health™** workshop online, visit: www.selfmanage.org.

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