

Better Choices, Better Health

Are you or someone you are caring for living with a chronic condition(s), such as diabetes, arthritis, high blood pressure, heart disease, COPD, chronic pain, and anxiety?

Class meets Fridays 9:00-11:30 AM
on dates: Aug. 10, 17, 24, 31 & Sept. 7 & 14

ATTENDANCE IS FREE



Androscoggin Valley Hospital
59 Page Hill Road
Mt. Success Conference Room
Berlin, NH 03570



Join Better Choices, Better Health:
Chronic Disease Self-Management
class to gain the support and skills
to coordinate all the things needed to
manage your health, keep active, and
feel more in charge of your life—or
help your loved one!

Register Today!

By Phone:

Cory Jackson: 603-575-9078 x718 or
John Gilbert: 603-575-9078 x717

Online:

<http://bit.ly/BCBH-AVH>



Leading innovative collaboration to improve
the health status of Northern New Hampshire

COMMUNITY
Health
Worker



NCHCNH.org

An SMRC Evidence-Based Self-Management Program originally developed at Stanford University.

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