



BETTER CHOICES, BETTER HEALTH®

A 6-part series

*ARE YOU DEALING WITH AN ONGOING
HEALTH CONDITION?
ARE YOU A CAREGIVER FOR ANOTHER PERSON?*

JOIN KATE KELLY AND SUE BUTEAU, FACILITATORS

TUESDAYS, MAY 21ST THROUGH JUNE 25TH

1:00 PM – 3:30 PM

AT THE SUMMIT BY MORRISON

56 SUMMIT DRIVE, WHITEFIELD NH

- **Feel better** • **Be in charge of your life** • **Do the things you want to do** •
- Learn practical ways to deal with the problems of chronic health conditions • Get the support you need • Discover better nutrition and exercise choices • Understand new treatment options • Manage your medications • Practice disease-related problem solving • Improve communication with your physician and family about your health issues • Develop a better partnership with your physician • and more!

~ **PRE-REGISTRATION IS REQUIRED** ~

To register, or for more information call Sue at (603) 788-2543

