



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, SEPTEMBER 24TH THROUGH OCTOBER 29TH
1:00 PM – 3:30 PM

AT WEEKS MEDICAL CENTER
8 CLOVER LANE, 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

