

HealthReach Community Education of Exeter Hospital
presents

Better Choices, Better Health Workshops Online

An Evidence-Based
Self-Management
Program Developed at
Stanford University



Are you an adult with an ongoing health condition?

Are you taking care of someone, an adult or a child, with ongoing physical, developmental, or mental health conditions?

Are you feeling increased stress due to the pandemic or other life events?

Better Choices, Better Health workshops provide tools you can use to:

- Set and meet personal goals.
- Develop skills that empower you to...
 - Improve communication with family members and with your health care team.
 - Increase your confidence in your ability to manage your health or the health of a loved one.

For more information or to register for ***Better Choices, Better Health Online***
please call the Exeter Hospital Help Center
at 603-580-6668

Offered by Exeter Hospital in collaboration with the NH CDSMP Network,
a Stanford University Chronic Disease Self-Management Program



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Better Choices, Better Health Workshops Online

**An Evidence-Based Stanford Self-Management Program
Developed at Stanford University**

**Workshops meet online using Webex
for 6 weeks, 2.5 hours per week**

Online Workshop Schedule Late Fall 2022 – Winter 2023:

**Mondays, October 31 – December 5
12:30 pm – 3:00 pm**

**Tuesdays, November 8 – December 13
10:00 am – 12:30 pm**

**Thursdays, January 19 – February 23
10:00 am – 12:30 pm**

**Tuesdays, February 14 – March 21
12:30 pm – 3:00 pm**

**Registration is required. To register, please call
The Exeter Hospital Help Center
at 603-580-6668**

- You will need internet access, and either a computer *or* a smart phone *or* a tablet device.**
- Once your registration is confirmed, you will receive an email with the link to the online workshop.**
- Technical instruction/help is available.**

The fee for the 6-week workshop is \$35.00

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