

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 Spring 2023:

**Mondays, March 13 – April 17
5:15 pm – 7:45 pm**

**Tuesdays, March 28 – May 2
10:00 am – 12:30 pm**

**Thursdays, April 20 – May 25
12:30 pm – 3:00 pm**

**Wednesdays, May 10 – June 14
10:00 am – 12:30 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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