

HealthReach Community Education of Exeter Hospital
presents

Better Choices, Better Health Workshops

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?

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 enroll in a
Better Choices, Better Health self-management workshop,
please call the Exeter Hospital Information and Referral 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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EXETER HOSPITAL

an exeter health resource

The Art of Wellness

Better Choices, Better Health Workshops

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

Workshops meet for 6 weeks, 2.5 hours per week

Workshop Schedule Spring 2020

Tuesdays, March 3 - April 7; 1:15 pm - 3:45 pm
HealthReach Diabetes Center
881 Lafayette Road, Suite G & H
Hampton, NH

Wednesdays, March 11 - April 15; 2:00 pm - 4:30 pm
Epping Regional Health Center
212 Calef Highway (Route 125)
Epping, NH

Thursdays, March 19 - April 23; 5:15 pm - 7:45 pm
4 Alumni Drive, Conference Room 1A
(on the Exeter Hospital campus)

Tuesdays, April 21 - May 26; 10:30 am - 1:00 pm
4 Alumni Drive, Conference Room 6
(on the Exeter Hospital campus)

Wednesdays, May 13 - June 17; 10:00 am - 12:30 pm
Epping Regional Health Center
212 Calef Highway (Route 125)
Epping, NH

Registration is required. To register, please call
The Exeter Hospital Information and Referral Center
at 603-580-6668

The fee for the 6-week workshop is \$20.00

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