

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 coronavirus pandemic?

***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.

***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



Like us on Facebook
for news, healthy tips
& medical information.



EXETER HOSPITAL

an exeter health resource | The Art of Wellness

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 Fall 2020:

**Tuesdays, October 20 – November 24
10:00 am – 12:30 pm**

**Mondays, November 2 – December 7
5:15 pm – 7:45 pm**

**Tuesdays, November 3 – December 8
1:00 pm – 3:30 pm**

**Registration is required. To register, please call
The Exeter Hospital Information and Referral 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 \$20.00

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



Like us on Facebook
for news, healthy tips
& medical information.



EXETER HOSPITAL

an exeter health resource | The Art of Wellness