

HealthReach Community Education of Exeter Hospital
presents

Better Choices, Better Health Workshops

An Evidence-Based SMRC Self-Management Program

Originally 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 your health or other life events?

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

- **Set and meet your health and wellbeing 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
please call
Exeter Hospital's
HealthReach Community Education
department
at 603-580-7964**

Better Choices, Better Health Workshops

Offered by Exeter Hospital in collaboration with
Southern NH AHEC's Wellbeing Action Network

In-Person and Virtual Workshops meet for 6 weeks, 2.5 hours per week

Spring – Summer 2024 Schedule:

Thursdays, March 14 – April 18 (Virtual via Microsoft Teams)
12:30 pm – 3:00 pm**

**Tuesdays, March 19 – April 23 (In-Person)
Core Primary Care, Millbrook Office Park, 118 Portsmouth Ave. Bldg. D, Stratham, NH
10:00 am – 12:30 pm**

Wednesdays, April 17 – May 22 (Virtual via Microsoft Teams)
5:15 pm – 7:45 pm**

Tuesdays, May 7 – June 11 (Virtual via Microsoft Teams)
12:30 pm – 3:00 pm**

**Wednesdays, May 22 – June 26 (In-Person)
Epping Regional Health Center, 212 Calef Hwy, Epping, NH
10:00 am – 12:30 pm**

**Mondays, June 10 – July 15 (In -Person)
4 Alumni Drive, Conference Room 2, on the Exeter Hospital Campus)
10:00 am – 12:30 pm**

Registration is required.

To register, please call 603-580-7964

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

****For Virtual workshops only:**

- 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.

