

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.

**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 - Summer 2021:**

**Tuesdays, April 20 – May 25  
1:00 pm – 3:30 pm**

**Thursdays, May 13 – June 17  
10:00 am – 12:30 pm**

**Wednesdays, June 2 – July 7  
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 \$20.00**

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