

Better Choices, Better Health

WORKSHOP

ABOUT THE WORKSHOP:

Better Choices, Better Health helps adults of all ages and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical and mental health conditions.

*All attendees will
receive 3 boxes of
fresh produce!*

*Fresh produce is provided
through funding from
United Way of Central
Iowa.*

IN THIS WORKSHOP YOU'LL LEARN:

- Techniques to deal with isolation, fatigue, pain & more
- Exercises for maintaining/improving strength & flexibility
- Appropriate use of medications
- Communicate your health conditions better
- Healthy eating and nutrition tips
- How to evaluate treatment options
- Creating action plans

WORKSHOP DETAILS:



6 Week Workshop, Every Thursday
Starting May 2nd - June 6th, 2024 5-7:30pm



Wellmark Urban Dreams Community Center
1615 2nd Ave Des Moines, Iowa 50314



FREE Class. (Max 15 people)

Sign Up:

To reserve your spot in class, email us or call us:

Info@gracefitnessdsm.org
515-661-3435

Register online using QR:
Class code: 1313



BCBH

Thank you to our Sponsor:

