

BETTER CHOICES, BETTER HEALTH

ARE YOU LIVING WITH A
CHRONIC CONDITION?



ABOUT THE PROGRAM

Better Choices, Better Health is an evidence-based program that helps adults 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.

PROGRAM TOPICS

- Isolation, Frustration, Fatigue and Pain
- Strength and Flexibility
- Use of Medications
- Healthy Eating Habits
- Reading Food Labels
- Care Solutions
- Talking with Doctors
- Health Goals and Action Plans



Learn From
Your Home



6 weeks



2.5 Hours
Per week

**THIS IS A FREE 6-WEEK WORKSHOP THAT
TAKES PLACE VIRTUALLY EVERY
THURSDAY FROM 2PM-4:30PM.**

Program dates are April 18, 25, and May 2, 9, 16, and 23.

**PARTICIPANTS CAN
RECEIVE THREE BOXES
OF FRESH PRODUCE!**

REGISTER NOW

Contact Morgan Pavon for more information.



morgan.pavon@idph.iowa.gov



515-452-9481