

Take Charge of Your Health!

LIVING WELL WITH CHRONIC HEALTH CONDITIONS



Are you ready to put *life* back into your life?

Gain the confidence and real-life skills needed for living a full, healthy life with chronic conditions!

If you or someone you care for has a chronic health condition such as diabetes, asthma, arthritis, COPD, depression, or hypertension this workshop is for you!

In this program you'll:

- Discover problem-solving strategies to deal with fatigue, pain and frustration
- Uncover physical activities that work for you
- Understand appropriate use of medications and how to evaluate new treatments
- Discover how healthy eating can improve your condition
- Improve ways to talk with your family, friends and healthcare providers about your health
- Benefit from the support and encouragement from others also living with chronic health conditions

2021 Workshop Dates

5:30 - 8:00 PM

March 11, 18 & 25

April 1, 8, 15 & 22

Workshop Info

- **This workshop series is free!**
- 7 weekly sessions
- For NH residents only at this time
- Interactive and completely online
- Each 2½ hour session builds on the previous week
- Full participation in the 7 weeks is highly encouraged



REGISTER by March 10 -

extension.unh.edu/events/take-charge-your-health-virtual-workshop-0

This is a Chronic Disease Self-Management Program, widely known in New Hampshire as the Better Choices, Better Health workshop.

This workshop is funded by a SAMHSA Rural Opioid Technical Assistant grant (H79TI083274) awarded to UNH Cooperative Extension.

For persons with disabilities requiring special accommodations, please contact angela.balamuth@unh.edu prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

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