

Better Choices/Better Health

FREE WORKSHOP

April 22 - May 27 (every Friday)

9:30 to 11:00 a.m.

Fort Dodge Public Library- 424 Central Avenue

The Webster County Health Department is offering a six week self management program for people with ongoing health problems such as diabetes, arthritis, high blood pressure, heart disease, cancer, chronic pain, or anxiety who are looking for better ways to manage their symptoms. This program is facilitated by trained leaders.

Topics Covered

- Exercise and nutrition
- Medication usage
- Stress management
- Talking with your doctor or health professional
- Dealing with emotions and depression



The Benefits

- Helps you regain control of your life and do the things that matter to you. You will be calmer, less worried, and more confident about managing your health.
- Helps you feel better. You will have energy to do more and get relief from your pain, fatigue and other symptoms.
- Connects you with others. You will meet new people, share what you know, and come up with new ways to address your health conditions.



Please call the Webster County Health Department at 515-573-4107 to sign up for the FREE class!

