



## Workshops are:

- Held once a week for six weeks.
- Packed with information, group discussions and activities.
- Help you reach goals and make a step-by-step plan to improve health and put life back in your life.

**To Register for a Workshop  
Call:**

**Aging Resources of Central Iowa  
(515) 633-9520**

<http://bit.ly/15ISHNO>

Sponsored by: Iowa Dept. on Aging  
Aging Resources of Central Iowa  
Administration on Aging



**Feel better**

**Be in control**

**Do the things  
you want to do**



**Find out more about  
Better Choices, Better Health  
Workshops.**



**Put Life  
Back in  
Your Life**



**Better Choices  
Better Health**

**Put Life Back Into Your Life.**  
Consider a Better, Choices  
Better Health Workshop.

Do you live with an ongoing health condition?

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Better Choices Better Health Workshop can help you take charge of your life.

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

**Sign Up Now.**  
Spaces Are Limited.

Join a 2 ½-hour Better Choices, Better Health Workshop, held each week for six weeks.

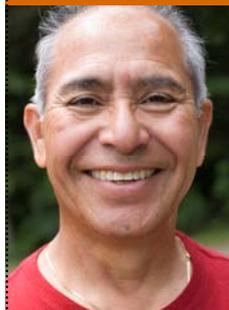
Receive a Living a Healthy Life with a Chronic Condition book and a relaxation CD.

Set your own goals and make a step-by-step plan to improve your health—and your life.

*"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."*



To register or get more information, please call: (515) 633-9520



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*