



**Title:** *Better Choices, Better Health*

**Dates:** *Friday October 16, October 23, October 30, November 6, November 13, & November 20*

**Presenter(s):** *Morgan Casey & Ali Grossman*

**Description:** This program covers a variety of topics including:

- Sleep
- Stress
- Physical Activity
- Decision Making
- Healthy Eating
- Time Management
- Working with your Health-Care Providers
- Action Planning
- Problem Solving

*"I would encourage others that may be struggling with everyday issues to take this course to help them unwind and enjoy the moment. This class teaches you these ways." -Better Choices, Better Health Workshop Participant, 2020*

This evidence-based self-management program, developed by Stanford University, is held for six sessions. Each session is two hours in length, and will be held virtually. The workshop sessions are facilitated by trained leaders. The course creates an environment of mutual support, which builds the participant's confidence in their ability to manage their health and lead active lives.

Participants should plan to attend all 6 sessions. This program will include a resource manual and relaxation CD that will be shipped to your home at no cost to you. All six sessions are being held virtually on Fridays from 11am-1:00pm. The dates include October 16, October 23, October 30, November 6, November 13, & November 20. A video camera function is required for this virtual workshop.

This interactive program is for people wanting to learn self-management skills and learn how their health problems may affect their lives and/or for people who suffer from or care for others who suffer from conditions such as heart disease, diabetes, arthritis, depression, asthma, bronchitis, emphysema, and any other physical or mental health condition. Participants are encouraged to make weekly action plans, share experiences, and help each other solve problems they encounter. Participants can expect to learn techniques on managing poor sleep, physical limitations, pain, stress/anxiety, difficult emotions, depression, shortness of breath, and fatigue.

**Objectives:**

- Learn ways to address the physical and psychological effects of chronic disease (including fatigue, pain, depression, isolation and frustration)
- Gain self-confidence in ability to control symptoms
- Understand basic concepts regarding exercise, proper nutrition and using medications appropriately
- Discuss techniques to communicate effectively with family, friends and health professionals

**To register, email Ali Grossman at [ali.grossman@idph.iowa.gov](mailto:ali.grossman@idph.iowa.gov)**