

When: Tuesdays from 11:00am-1:30pm
January 14th - February 25th

Better Choices, Better Health

About the Workshop

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.



Participants who are eligible receive 3 boxes of fresh produce provided through funding from Prairie Meadows Betterment Grant.



Register Here:



*Teams link will be sent after registration

You'll Learn:

- How to communicate effectively with family, friends, and health professionals
- Techniques to deal with isolation, frustration, fatigue, and pain.
- Healthy eating and exercise tips
- How to evaluate treatment options

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