

Better Choices Better Health

What is it?

The **Better Choices Better Health** is a series of interactive workshops for people with on-going health problems. Workshops meet for 2 hours once a week for 6 weeks. Trained instructors who understand or have health problems like heart or lung disease or arthritis lead them. You will learn techniques to help you reduce pain and limitations, move more easily, and maintain your independence. The workshops also cover topics like how to eat well and exercise safely. In addition, you will get the chance to learn from other people about what has helped them deal with their health problems. People who participate in a workshop say that they have more energy and less pain, are less tired and less depressed, get more exercise, feel more comfortable talking to their doctors, and are more confident that they can manage their health.

Who is it for?

Better Choices Better Health is for adults with on-going health problems and adults who live with or care for someone with on-going health problems. The program may be particularly beneficial for people whose health problems have begun to interfere with their valued life activities.

Learn skills to help you stay more independent and have:

- More energy and less fatigue
- More physical activity
- Fewer social limitations

Learn how to take charge of your health and have:

- Increased confidence in managing your on-going health condition
- Decreased pain, depression, and health distress

Better Choices Better Health Workshop Schedule

Location 1

Ellis Fischel, Rm 123

Every Thursday

01/26/12 – 03/01/12

5:15 pm – 7:15 pm

Location 2

University Hospital, Rm 1L03

Every Tuesday

01/31/12 – 03/06/12

5:30 pm – 7:30 pm

Location 3

HyVee – Nifong Club Room

Every Wednesday

02/01/12 – 03/07/12

10:00 am – 12:00 pm

Location 4

Woodrail Bariatric Clinic

Every Monday

03/26/12 – 04/30/12

5:30 pm – 7:30 pm

Are you interested in helping others learn how to manage their condition? We are looking for volunteers to lead workshops. For more information contact Amber Phelps at 882-8097 or phelpsam@missouri.edu.