

Join us on the road to healthier living!

Better Choices,

Better Health™

Living with

Back Pain

Asthma

Diabetes

High Blood
Pressure

Arthritis

Depression

COPD

CHF

Obesity

Fibromyalgia

or with other
long-term
conditions?

**Horseshoe Pond Place Resource
Center**

26 Commercial Street, Concord

Tuesdays, April 23 - May 28

9:00 – 11:30 AM

To register, contact Community Action Program at
225-3295, ext. 1137

This program is offered at no charge. Registration required.

Program presented by:



If you don't want to attend alone, bring a friend. This program is open to anyone 18 years and older who have a long-term condition and/or their caregiver.

At the end of the six-week program, you will feel more prepared to:

Manage difficult emotions, like sadness, anger, or frustration

Deal with pain and extreme tiredness

Eat for better health

Talk with family, friends, and health professionals

Manage medications

Relax and enjoy life