

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 30 – June 4
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