



"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."

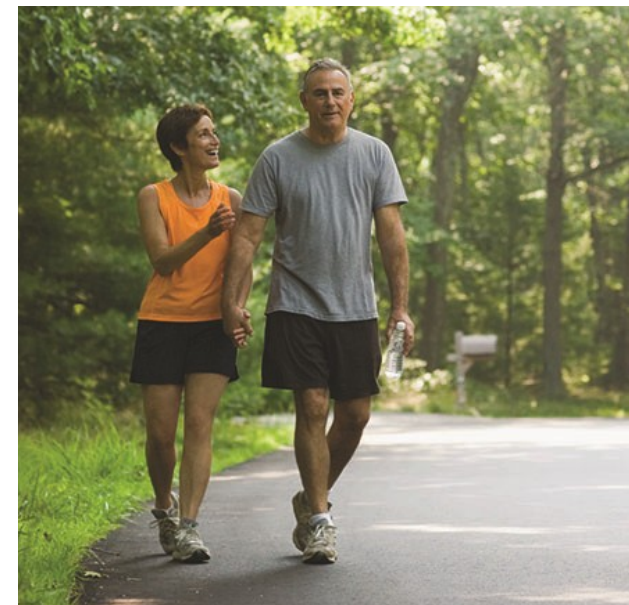
To register or learn more,
please call (641) 464-0691.



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"These workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."



Better Choices, Better Health

Workshops Forming in
Early 2013

**A six-week workshop
to help you manage
on-going conditions.
Add life to your years!**

Put Life Back In Your Life



Feel better.

Do the things
you want to do.

Be in control.



Find out more about
Better Choices, Better Health®:

www.rcph.net
(641) 464-0691

Better Choices, Better Health® Consider Learning with Others

If you are managing on-going conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Better Choices, Better Health workshops will help you to take an active role in managing your health.

- Find practical ways to deal with pain and fatigue.
- Understand healthy nutrition and exercise choices.
- Set realistic goals, understand new treatment choices, and learn effective ways to talk with your doctor and family about your health.

To Reserve Your Spot

Sign Up Today!



Learn from trained volunteer leaders who understand your struggles.



Join a weekly 2 ½-hour Workshop for six weeks at a Ringgold County location.



20 registration for workshop, class workbook and a relaxation CD will be provided. Scholarships may be available.



Call or send in your registration to be added to the class list.



**Better Choices,
Better Health**

A Stanford Self-management Workshop

PARTICIPANT REGISTRATION

Please register early as workshops will have limited space. Classes will be forming in early 2013. Plan to commit to most sessions as this is not a drop-in workshop.

Name

Address

City, State, Zip

Phone

E-mail (optional)

\$20.00 registration for workshop

Payable to: Ringgold County Public Health

☐ Cash Receipt # _____

☐ Check Check # _____

Send registration form and registration to:

Ringgold County Public Health

119 S. Fillmore, Mt. Ayr, IA 50854

Phone: 641-464-0691 Fax: 641-464-2476

Email: office@rcph.net