

PUT LIFE BACK IN YOUR LIFE



Clarke County
Hospital

An Affiliate of  UnityPoint Health



Clarke County
Public Health

Prevent. Promote. Protect.

Better Choices, Better Health Virtual Workshop

Do you experience any of the following?

- ✔ Chronic health condition
- ✔ Difficult emotions
- ✔ Poor sleep
- ✔ Pain/fatigue
- ✔ Stress/anxiety
- ✔ Depression
- ✔ Shortness of breath
- ✔ Tense muscles

Attend a *free* 6-session virtual workshop to learn how to:

- ✔ Get the support you need
- ✔ Improve nutrition and exercise choices
- ✔ Find ways to deal with pain and fatigue
- ✔ Improve communication with family and healthcare providers

Workshops will be held on the following dates:

01/21, 01/28, 02/04, 02/11, 02/18, 02/25

Time: 2:00 pm to 4:00 pm



Please register by calling Clarke County Public Health at 641-342-3724. Register today! Limited spots available.

The need for internet connection, smart phone, tablet or computer with audio and visual capabilities will be required.