



LEARN HOW TO GET THE MOST OUT OF YOUR LIFE

Polk County Health Department

1907 Carpenter Avenue

Des Moines, IA 50314

515-323-5234

## Better Choices, Better Health



Iowa  
Healthy Links

*“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 for more information, please call:

(515) 323-5234



*“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.”*



## Consider an Iowa Healthy Link's Better Choices, Better Health Workshop

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, etc, Better Choices, Better Health workshops will teach you to take an active role in managing their health.

Being an active self-manager means finding practical ways to deal with pain and fatigue, discovering better nutrition and exercise choices, setting realistic goals, understanding new treatment choices, and learning effective ways to talk with your doctor and family about your health.

### Sign Up Now.

#### SPACES ARE LIMITED.

-  Join a 2 ½-hour Better Choices, Better Health Workshop, held each week for six weeks in a community setting near you.
-  Learn from trained volunteer leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health and your life.
-  Only \$20 for all 6 sessions, “Living a Healthy Life with Chronic Conditions” textbook, plus a relaxation CD “Time for Healing”.

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1907 Carpenter Avenue

Des Moines, IA 50314

(515) 286-3798

[www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health)



**HEALTHY LINKS  
IOWA**

*Put Life Back into Your Life*

### PARTICIPANT REGISTRATION

Please register early as workshops may be cancelled if a minimum number of persons do not pre-register. Plan to commit to all six sessions as this is not a drop-in workshop.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Class site

**\$20.00 Registration Fee**

**Payable to: Polk County Health Department**

Cash      Receipt # \_\_\_\_\_

Check      Check # \_\_\_\_\_

Scholarship

**Send registration form and fee to:**

**Polk County Health Department**

**1907 Carpenter Avenue Des Moines, IA 50314**

**Phone: 515-323-5234 Fax: 515-286-2033**

**Email: [Jessica.sheets@polkcountyiowa.gov](mailto:Jessica.sheets@polkcountyiowa.gov)**

## Put Life Back In Your Life

**Feel better.**

**Be in control.**

**Do the things  
you want to do.**



**Find out more about  
Iowa Healthy Links  
Workshops.**

**[www.iowahealthylinks.org](http://www.iowahealthylinks.org)**

