

# PUT LIFE BACK IN YOUR LIFE!

## EMPOWER YOURSELF BY TAKING CONTROL OF YOUR HEALTH

Iowa Healthy Links' Better Choices, Better Health is a weekly six-session interactive workshop that helps people with health conditions learn how to take control of their health. Workshops deal with issues that everyone living with an ongoing (chronic) health condition faces. Each session lasts two-and-a-half hours. We encourage you to bring a family member or support person to all sessions. You will learn how to accomplish the following:

- Manage medications
- Deal with depression
- Healthy Eating
- Control pain
- Set and meet your goals
- Fight fatigue and frustration
- Start an appropriate exercise program
- Manage stress and relax
- Solve problems
- Communicate with health providers better

It is the process in which this program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain an active and fulfilling life.

The Better Choices, Better Health Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education. In addition, many people have more than one chronic health condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

Developed by Stanford University, the program has been shown to help people to improve their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improve their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

**Better Choices, Better Health WILL HELP you develop the skills you need to take control of your health condition and live a happier, healthier life!**

For more information or to register for a workshop in Polk County please call Polk County Health Department at (515) 323-5234.

To find a workshop outside Polk County, please visit [www.iowahealthylinks.org](http://www.iowahealthylinks.org).

