



**HEALTHY LINKS
IOWA**

Put Life Back into Your Life

Better Choices/Better Health Program
(formerly-Chronic Disease Self-Management Program)

Wednesday's, July 7, 2010 thru August 11, 2010
6:00-8:30 p.m.

Northwest Community Center

5110 Franklin Avenue
Des Moines, IA 50310

Monday's, July 12, 2010 thru August 16, 2010
6:00-8:30 p.m.

Iowa Methodist Hospital

1200 Pleasant
Yunker/Powell Wing-Powell 1 Room 101
Southside of IA Methodist off of Woodland Ave-Door w/[Blue Awning](#)
Des Moines, IA 50309

Workshop Cost: \$20.00

(Plan to commit to all six sessions as this is not a drop-in workshop)

For more information and to register for the workshop,

Contact: Jessica Sheets-

Polk County Health Department at 515-323-5234 or email:

jessica.sheets@polkcountyiowa.gov

