

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 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 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

Register today! Limited spots available.

 641-342-3724

Workshops will be held on the following dates:

Fridays - May 13 | May 20 | May 27 | June 3 | June 10 | June 17
Conference Room in the Osceola Public Library | 2:30 pm to 4:30 pm

Please register by calling Clarke County Public Health at 641-342-3724