



Better Choices, Better Health

Put Life Back in Your Life

**A workshop for people with ongoing health conditions
(A Stanford University Self-Management Program)**

If you have diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, ***Better Choices, Better Health workshops*** will empower you to take an active role in managing your health.

Being an active self-manager means:

- Finding new ways to manage pain & fatigue
- Discovering better nutrition & exercise choices
- Setting realistic goals
- Exploring new treatment options
- Learning effective ways to talk with your doctor and family about your health

Better Choices, Better Health

is a six week workshop that includes “Living a Healthy Life with Chronic Conditions” textbook, plus a relaxation CD. This workshop will help you set your own goals and make a step-by-step plan to improve your health and life.

These classes are sponsored by Mercy, the YMCA Healthy Living Center and the Polk County Health Department. All classes are free except where noted.



Free classes at these locations:

Windsor United Methodist Church

6222 University Ave, Des Moines
Tuesday, Oct 29, 1-3:30pm
515-279-3629

St. Augustine’s Catholic Church

545 42nd Street, Des Moines
Monday, Oct 28, 1-3:30pm
515-255-1175

St. Anthony’s Catholic Church

15 Indianola Road, Des Moines
Wednesday, Oct 30, 9-11:30am
515-244-4709

Iowa Heart

5880 University, West Des Moines
Thursday, Oct 31, 6-7:00pm
515-247-3277

Mercy Wellness Center

1111 6th Ave, Des Moines
Thursday, Oct 31, 9-11:30am
515-247-3066

Evelyn Davis Center

801 University Ave, Des Moines
Monday, Nov 4, 9-11:30am
515-669-7706

Northwest Community Center

5110 Franklin Ave, Des Moines
Thursday, Jan 9, 12-3:00pm
515-279-2767

YMCA Healthy Living Center

Free for members, \$25 non members
12493 University Ave, Clive
Tuesday’s Oct 29-Dec 3, 1-3:30pm
Monday’s Jan 13-Feb 17, 9-11:30am
Saturday’s Feb 1-Mar 8, 9-11:30am
515-226-9622