

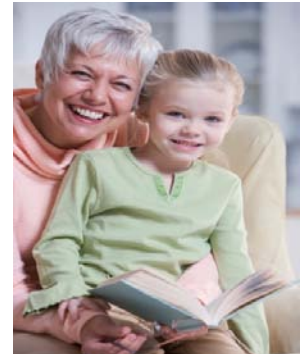
# Better Choices, Better Health

## FREE PROGRAM REGISTER NOW!!!

Better Choices, Better Health  
Lamprey Healthcare – Raymond  
128 State Rte 27  
Raymond, NH

A six week, 2 1/2 hours per week, **free** education program where you will learn strategies developed and tested by researchers to help you

- Identify and try out simple techniques that can improve your quality of life
- Handle stress and learn to relax
- Increase your energy level
- Set and meet personal goals
- Improve communication with your doctor
- Make choices about your treatment



To Register: call 603-895-3351 ext. 7396 or Fax 603-895-1312

### **Registration Form:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**This program is offered at no cost**

**LAMPREY HEALTH CARE** visit: [www.lampreyhealthcare.org](http://www.lampreyhealthcare.org) for  
current workshops being offered

**\*A Chronic Disease Self- Management Program Developed by Stanford University**