



Put Life Back in Your Life



Feel better.

Be in control.

Do the things
you want to do.



Find out more about
Better Choices / Better
Health Workshops.

*To find a workshop
near you
or
For more information
contact*

Siouxland Aging Services

2301 Pierce Street
Sioux City, IA 51104

712-279-6900 or 800-798-6916
www.siouxlandaging.org

Put Life
Back in
Your Life



Better
Choices / Better
Health Workshops


Put Life Back Into Your Life. Consider a Better Choices / Better Health Workshop.


Are you an adult age 55 or older with an ongoing health condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Better Choices/Better Health Workshop can help you take charge of your life.

Sign Up Now. Spaces Are Limited.

 Join a 2 ½-hour Better Choices / Better Health Workshop, held each week for six weeks. *(Includes 30 minute break)*

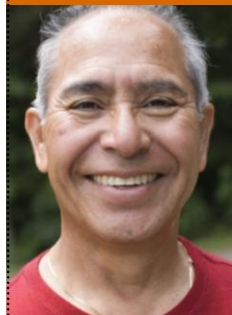
 Learn from trained leaders, some with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



To register or get more information, please call:
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“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”