



South Carolina Department of Health and Environmental Control

[www.scdhec.gov](http://www.scdhec.gov)

To sign up or for more information about program locations and dates, contact:



**Feel Better.**

**Be in Control.**

**Do the Things You Want to Do.**

**Find out more about workshops.**

**Lt. Governor's Office on Aging**  
<http://www.aging.sc.gov>

**S.C. DHEC Arthritis Prevention and Control Program**  
<http://www.scdhec.gov/arthritis>

Funded by the Administration on Aging and the Centers for Disease Control and Prevention.



**Better Choices  
Better Health**

**Living Well  
South Carolina**



**A Workshop for People with  
Ongoing Health Conditions**

## Put Life Back Into Your Life!

Sign up for a Better Choices, Better Health Workshop.




Are you an adult with an ongoing health condition such as arthritis, chronic lung disease, depression, diabetes, heart disease, or high blood pressure? If so, the Better Choices, Better Health Workshop can help you take charge of your life.

You will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover eating and exercise choices.
- Understand how to live with difficult emotions.
- Learn better ways to talk with your doctor and family about your health.

## Sign Up Now.

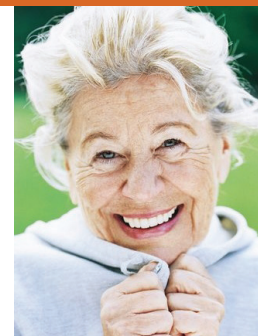
Spaces Are Limited.

-  Join a 2 1/2-hour Better Choices, Better Health Workshop, held each week for six weeks.
-  Learn from trained volunteer leaders 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."*



*"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."*