

Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Better Choices, Better Health workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

Better Choices, Better Health Free 6 week Workshop



Contact Richie Johnson at 423-424-4205 to register.