



**Southeast TN Area Agency on Aging
and Disability**

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Chattanooga, TN 37402

Contact:

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Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about the
Better Choices,
Better Health
Workshops.**



A service offered by the
Southeast Tennessee
Development District

**Put Life
Back in
Your Life**



**Better Choices,
Better Health**




Put Life Back in Your Life.
**Consider a Better Choices,
Better Health Workshop.**

Are you suffering with an ongoing health condition? — Or do you know or care for someone who is?

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, depression, the Better Choices, Better Health Workshop can help you take charge of your life.

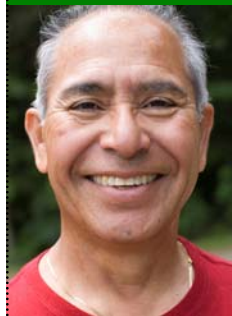
Sign Up Now.
Spaces Are Limited.

-  Join a free 2 ½-hour interactive workshop, held once a week for six weeks and receive a copy of the book "Living a Healthy Life With Chronic Conditions"
-  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."



**To register or get more information, please call:
Richie Johnson at 423-424-4205 or 1-866-836-6678**



"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."