



## FEEL BETTER WITH **Healthy Choices!**

Are you are an adult living with any ongoing health condition such as, diabetes, arthritis, high blood pressure, anxiety, heart disease, asthma or pain? Then Healthy Choices may be the program for you. If you are a caregiver of a person with any type of ongoing health condition, this program is for you too!

Hudson River HealthCare is pleased to offer **Healthy Choices**, a health promotion program\* to help you feel better, be in control and do the things you want to do. **Healthy Choices** is a FREE 6 week program that meets once each week as a small group. These meetings are led by two trained Peer Leaders who are either caregivers or have ongoing health condition themselves.

- Healthy Choices provides support through discussion and practical ways to deal with things like pain, stress or tiredness.
- You will learn about better nutrition and exercise choices, relaxation techniques to help reduce your stress, better ways to communicate with your provider & loved ones about your health.

For more details on **Healthy Choices**, contact Program Coordinator:

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Visit our community calendar website for upcoming workshops near you

[www.hrhcare.org](http://www.hrhcare.org)

\*The Chronic Disease Self Management Program (CDSMP)  
is a health promotion program developed by the Stanford Patient Education Research Center.