



UNIVERSITY
OF WYOMING

Webinar: Feel Better in 6 Weeks

How Support From Peers Helps Keep You Healthy

February 11, 2021

12:30pm MT

Register For Webinar

Learn self-management tools that can help you successfully manage symptoms that many people living with ongoing or chronic conditions experience. You will have the chance to practice techniques that set you on the path of increased wellness.



**Better Choices,
Better Health®**

A free 6-week online health
self-management workshop

Better Choices, Better Health was developed by Stanford Patient Education Research Center and used by thousands of people each year.



**STANFORD
PATIENT EDUCATION
RESEARCH CENTER**



"I was surprised at how quickly we bonded online. Within the first or second session I felt like we were friends. We all had something in common. It was amazing how supportive we were of each other."

- Kelle, BCBH Participant

Change your life today. Get started at <https://eligibility-wyoming.selfmanage.org/>



We are the leader in digital health self-management.