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FOR IMMEDIATE RELEASE: The 6-week Better Choices, Better Health workshop is available to you at no cost!

Wyoming –The Wyoming Center on Aging at the University of Wyoming will be offering a Healthy U workshop series, called Better Choices, Better Health, online for any Wyoming resident to attend at no cost. In the past, this program has been offered throughout Wyoming in a variety of settings, including senior centers, public health organizations, hospitals, and rural health clinics. For the first time, this program is offered in an online format available throughout the state.

Now, more than ever, it is important for individuals to be proactive about their health. Developed by Stanford University, the workshop has proven to improve symptoms related to a wide variety chronic conditions, build confidence in managing health conditions, and increase physical activity. In a little over an hour a week and from the comfort of home, you can learn new ways to better manage your health in this proven, online program offered at no cost to you.

Chronic conditions include anything that affects someone on a day-to-day basis such as diabetes, arthritis, high blood pressure, depression, heart disease, chronic pain, anxiety, multiple sclerosis, and fibromyalgia.

During the workshop, participants receive support from trained leaders and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, understand new treatment choices, and learn better ways to communicate about their conditions with doctors and family members.

The goal of the workshop is to help people better manage their health conditions and deal with the frustration, fatigue, and pain that can accompany a chronic disease.

“This is a total program. It includes reading, discussing, questioning and above all establishing goals and objectives in a systematic methodology that will result in a healthier you. You make better choices for yourself. You are helped by good facilitators. You interact with other people - so it inspires you to share with them and to act yourself to improve your health. The entire program is top notch.” Says George, a workshop participant

Learn more about the programs offered by the UW Center on Aging at www.uwyo.edu/healthierwyo/.

To be a part of an online workshop, register online at <https://enroll.selfmanage.org/register/wyoming>.

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