

# Better Choices, Better Health®

Small changes can make a big difference. Start the New Year off right by putting your health first.

**Better Choices, Better Health (BCBH) is a six-week self-paced online program**



## Prioritize Yourself in 2023

- Reduce feelings of loneliness and depression
- Better manage chronic pain and stress
- Lower blood sugar and increase physical activity



### Set Achievable Goals

around eating healthy, exercise, or whatever matters to you



### Improve Communication

with your doctor, family, and friends



### Get Support

from others living with long-term health conditions

**[CLICK HERE TO LEARN MORE & SIGN-UP FOR FREE](#)**

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