EAT HEALTHIER. EXERCISE SAFELY. MANAGE PAIN.

Join the Better Choices, Better Health Online Workshop for the information and tools you need to manage your chronic condition and live a better life.

**LEARN**
Empower yourself with self management techniques. Our proven and flexible 6 week online workshop lets you go at your own pace, in the privacy of your own home.

**SHARE**
You’re not alone. Connect with an online community of peers with common experiences and get the support and knowledge you need to manage your chronic condition.

**TRACK**
Monitor your progress with our journaling tools, exercise logs and medication records. Easily set goals, create an action plan and modify behaviors that lead to better health.

Developed at Stanford for proven success, the workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives.

BROUGHT TO YOU BY THE PUBLIC EMPLOYEES’ BENEFITS BOARD
Get started at pebb.enroll.selfmanage.org
YOU SET YOUR GOALS, WE’LL GET YOU THERE.
Connect with your team of facilitators and peers in an online 6 week workshop to help relieve the symptoms of chronic conditions.

BCBH IS HELPING PEOPLE...

INTERACT WITH PEERS
A pair of trained facilitators, at least one of whom has a chronic health problem, leads the workshop through a dedicated, secure web site. The workshop is highly interactive (although sessions do not require real-time attendance) by way of email and message boards.

MANAGE DIFFICULTIES
“I learned that it’s ok to have a bad day. But to get back up and keep moving. I felt empowered by my teammates.”

SHARE STORIES
“The interaction with people who are going through illness and injury has helped me by giving advice and sharing my joy when I accomplish a goal.”

STAY FOCUSED
“I am keeping a food diary to help me control my blood sugar. I am also using positive self talk to help me at work when I am feeling overwhelmed.”

-B CBH Participant Survey Responses

CHANGE YOUR LIFE TODAY.
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