

Better Choices, Better Health®

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Better Health®

 NEW YORK
STATE OF
OPPORTUNITY. | Office for
the Aging

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](#)

**THIS PROGRAM IS FUNDED BY
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THE ADMINISTRATION FOR COMMUNITY LIVING**