

# Tools for Better Health

The Reno County Health Department is pleased to announce the following classes:

*Stepping On* is a fall prevention class for anyone who:

- Is 60 or older
- Has had a fall in the past year or has a fear of falling
- Lives at home and does not have dementia

Workshops are once a week for seven weeks. The cost is \$35.00 and that includes weights.

Next workshop begins on March 7<sup>th</sup>, 2016.

There will also be a workshop beginning on **July 11<sup>th</sup>, 2016.**

*Chronic Disease Self Management Education* is a self management program for anyone with a chronic illness.

Workshops are once a week for seven weeks and are FREE.

Next workshop begins on May 11<sup>th</sup>, 2016.

There will also be a workshop beginning on **October 4<sup>th</sup>, 2016.**

*Diabetes Self Management Education* is a self management program for anyone with diabetes or who cares for someone with diabetes.

Workshops are once a week for seven weeks and are FREE.

Next workshop begins on March 9<sup>th</sup>, 2016.

There will also be a workshop beginning on **July 13<sup>th</sup>, 2016.**

**To register or get more information, please contact:**

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