

GET HEALTHY NORTH COUNTRY!

Programs for people who want to prevent or better manage chronic health conditions, including diabetes, heart disease, anxiety, depression, arthritis, chronic pain, COPD, cancer, or other health concerns.

Self-management programs will help you to do things like:

- Make healthier food choices
- Increase your physical activity
- Improve strength and energy levels
- Recognize signs and symptoms
- Set goals and make plans that are right for you



Get Healthy
North Country

HOW TO PARTICIPATE

Several options are available to Individuals, family members, and caretakers:



INTERACTIVE
ONLINE
WORKSHOPS



WEEKLY
TELEPHONE
CHECK-INS



SELF-PACED
ONLINE
COURSES



IN-PERSON
GROUP
SESSIONS

Classes are offered at no charge.

Take one of these simple steps to register:

ASK your provider to make a referral
VISIT gethealthynoco.org
EMAIL nocosupport@gethealthyslc.org
CALL NY Connects: (800) 342-9871



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