

Better Choices, Better Health: Chronic Conditions

"Living with Post-COVID Syndrome"

JOIN OTHERS WHO ARE LIVING WITH POST-COVID SYNDROME FOR A SIX WEEK, SELF-MANAGEMENT WORKSHOP DESIGNED TO CREATE A SUPPORTIVE COMMUNITY AND TAKE SMALL STEPS TOWARDS LIVING A HEALTHIER LIFE.

OCTOBER 11TH- NOVEMBER 22ND
WEDNESDAYS 6:00 - 8:30 PM
VIA ZOOM

EPIC referral number IPCN0519 or enter
"Better Choices Better Health" as an order

Contact The Bridging Program at 701-788-4411
with questions or to register a participant

SANFORD[®]
HEALTH