

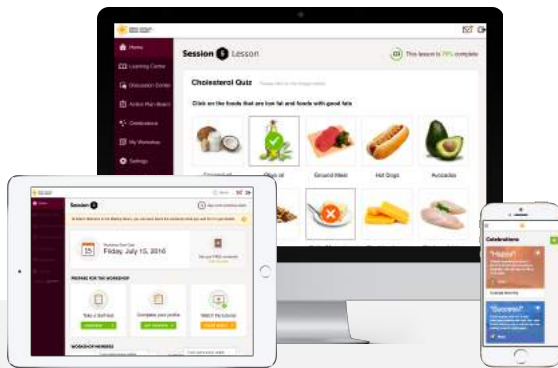


A Living Well Program brought to you by



GOVERNMENT OF THE DISTRICT OF COLUMBIA

Improve your health in just 6 weeks with our proven online workshop.



Learn to manage long-term health conditions like **diabetes, high blood pressure, chronic pain, cancer, depression** and others to improve your quality of life.



Learn new practical ways to deal with **pain, fatigue and stress.**



Get **guidance from trained leaders** with similar health challenges.



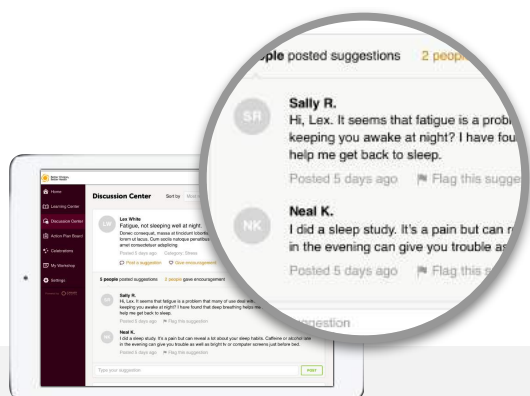
Connect with **others just like you.** Log in anytime that fits your schedule.

Change your life today. Get started at joinbcbh.com/dchealth

“When I was first diagnosed with diabetes, boy was I mad.”

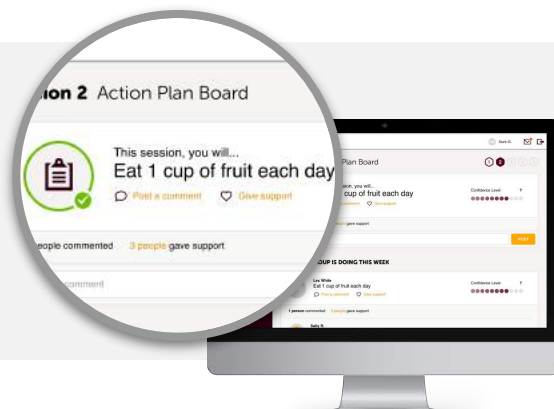


How it Works | Muriel's Story



Then Muriel enrolled in BCBH. Through 6 weeks of **peer support** and weekly lessons, she learned to manage multiple chronic conditions for a lifetime.

By **customizing her goals** and personalizing her health journey, she rewrote her story.



“I may have a chronic condition, but it doesn't have me.”

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