



How can you make your health **BETTER?**

Through the
BETTER
program!

BETTER is a **free program** offered at **Central Health** for adults ages **40 - 65**.

It is a **personalized** prevention & screening appointment focused on cancer, heart disease, and diabetes.

Set your **own health and wellness goals** with a Prevention Practitioner, a health care provider with specialized skills.

How does it work?

1

Complete a survey about
your health.



2

Meet with a Prevention Practitioner to
discuss your personalized chronic
disease risk & set prevention goals.



Make an
appointment
today!

Central Health

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