



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

Through
the **BETTER**
program!

BETTER is a **free**
program for
individuals ages
40 - 65.

This program focuses
on cancer, heart
disease, and diabetes
prevention &
screening.

Meet with a health
care provider, with
specialized skills,
called a **Prevention
Practitioner.**

Set your **own** health
and wellness goals.

How does
it work?

You will complete a
confidential survey
about your health.



Attend a one-on-one
visit with a Prevention
Practitioner to discuss
your personalized
chronic disease risk &
set personal health
goals.



Follow up to reassess
your health and track
your goals.



Make an
appointment
today!

If you are between
ages 40-65 and you
are interested in
making a BETTER
appointment or
would like more
information, contact
Michelle Parsons LPN

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Email

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**Central
Health**