

Greeting from your Rhode Island health and wellness team

We have you listed as a host site for one of our evidence-based wellness programs:

- *Chronic Disease Self-Management*
- *A Matter of Balance*



In an effort to make these programs more available to our community we have joined together to form the collaborative “Own Your Health.” Our programs encourage Rhode Islanders to take charge of their health by providing the tools and information necessary to take ownership of their well-being, leading to healthier, happier, more empowered individuals and communities.