HEALTHIER LIVING:
MANAGING ONGOING HEALTH CONDITIONS

An award-winning program designed by Stanford University to help participants live a happier, healthier life!

Sign Up Now for a FREE Healthier Living Workshop Close to You!

**June 2 – July 9**
Shasta Regional Medical Center
Diabetes Resource Center
Wednesdays: 9:30 am – 12:00 pm
Contact: 247-1757

**September 14 – October 19**
Frontier Senior Center in Anderson
Tuesdays: 9:00 – 11:30 am
Contact: 229-8431 or 229-8481

**August 5 – September 16**
Shasta Regional Medical Center
Thursdays: 1:00 – 3:30 pm
Contact: 244-8269

**September 16 – October 21**
Redding Christian Fellowship
Thursdays: 9:00-11:30 am
Contact: 229-8431

Who should attend?
- Adults age 18 and over with an ongoing health problem
- Family or friends of someone with an ongoing health problem
- Anyone interested in becoming more physically and socially active

During the HEALTHIER LIVING workshops participants will learn to:
- Cope with the “blues,” frustrations, and worries
- Reduce fatigue, anxiety, and pain
- Communicate better with their doctors, friends, and family
- Set goals and problem solve to make positive changes
- Eat better and stick to a healthy diet
- Better manage their health problem to lessen its impact on their life