

CALIFORNIA
HEALTHIER LIVING

Living Your
Best Life...

www.cahealthierliving.org



Who Should Attend?

- Anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease)
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

During the workshops you will learn:

- Tips to better manage your health
- Ways to control pain, stress and anxiety
- How to talk to doctors, family, and friends
- Goal-setting and problem solving
- Healthy eating and ways to keep moving

NOTE:

Attendance is required on October 4 or October 11 to be part of the program.

Sign-Up Now!

CONTACT: Telma 213-228-3510
Dalila 213-784-9259

DATES: Thursday
October 4, 11, 18, 25
November 1, 8

TIME: 9:30 AM to 12:00 PM

LOCATION:
The Wellness Center
1200 N. State St.
Los Angeles, CA 90033

"It gave me the courage to get my life back on track..."

- Workshop participant



The Chronic Disease Self-Management Program Workshop
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