

Healthy Living: Managing Ongoing Health Conditions

Pima County Employees get 50 Healthy Lifestyle Activity Points and a \$50 Corporate Rewards gift card for completing the workshop.

About the program:

This interactive program was developed by Stanford University to help adults and caregivers gain the skills needed to manage ongoing health conditions but can also help those that just want to make healthy lifestyle changes. Through group interaction, goal setting, and action planning, participants learn many ways to take control of their own health.

This FREE workshop meets 2.5 hours, once a week, for 6 weeks in a group of 10 to 16 participants.

Pre-registration is required as class sizes are limited

Topics covered in the workshop include:

- ✓ Making an action plan
- ✓ Managing difficult emotions
- ✓ Problem solving
- ✓ Using your mind to manage symptoms
- ✓ Fitness and exercise
- ✓ Better Breathing
- ✓ Making plans for the future
- ✓ Treatment decisions

You should attend if you are living with:

- ✓ Hypertension
- ✓ Arthritis
- ✓ Heart & Lung Disease
- ✓ Cancer
- ✓ Diabetes
- ✓ Other Ongoing Health Conditions

For more information or to register contact:

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Next Workshop:

ABRAMS PCHD

3950 S. COUNTRY CLUB RD, 85714

TUESDAY, 4:30PM - 7:00PM

1ST FLOOR, ROOM # 1104

DATES: FEB 9, 16, 23

MARCH 1, 8, 15, 2016

Flyer intended for internal Pima County Use ONLY