

Healthy Living

Managing Ongoing Health Conditions



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. Receive a FREE book for attending.

Topics covered in the workshop include:

- Making an action plan
- Managing difficult emotions
- Problem solving
- Mentally manage symptoms
- Fitness and exercise
- Better Breathing
- Healthy Eating
- Medication Usage
- Working with health care professionals
- Working health care systems

You should attend if you are living with:

- Hypertension
- Arthritis
- Heart & Lung Disease
- Cancer
- Diabetes
- Other Ongoing Health Conditions
- Those wanting to make healthy lifestyle changes

**ELLIE TOWNE COMMUNITY CTR.
WEDNESDAY, 9:00AM - 11:30AM
September 18, 25, October 2, 9,
October 16, 23, 2019**

For more information or to register: Hector.juarez@pima.gov or 520-724-7939

