



# HEALTHY LIVING

## MANAGING ONGOING HEALTH CONDITIONS FREE 6-WEEK VIRTUAL SERIES

Facilitated by the Pima County Health Dept.

This interactive program developed by Stanford University will help you learn to better manage a chronic condition like diabetes, hypertension, heart & lung disease, chronic pain or a mental health condition. Through group interaction, goal setting, and action planning, participants learn many ways to take control of their own health.

**Mondays and Thursdays**

**12:00 pm - 1:00 pm**

**Starting January 25, 2021**

**MS Teams Meeting** (must have and use mic and camera)

*Plan to attend all 12 sessions.*



### Topics include:

- Making an action plan
- Managing difficult emotions
- Problem solving
- Mentally manage symptoms
- Fitness & exercise
- Better breathing
- Healthy eating
- Medication usage
- Working with health care professionals and health care systems

All participants receive a comprehensive guidebook

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***Earn 50 Points and  
a \$100 Corporate  
Rewards Gift Card\*  
by completing 10  
out of 12 sessions***

*\*Gift cards subject to taxation*

**PROGRAM OPEN TO ALL  
PIMA COUNTY  
EMPLOYEES**

**SPACE IS LIMITED**

**REGISTER TODAY**

[www.surveymonkey.com/r/L](http://www.surveymonkey.com/r/L)

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