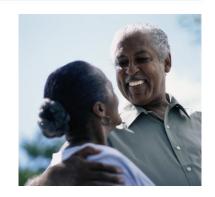


# Put Life Back In Your Life



# HEALTHIER LIVING WITH CHRONIC CONDITIONS

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



### **About Healthier Living**

- Meets 2 ½ hours per week for six weeks
- Small group (10-15 participants)
- Peer-facilitated (non-health care professional) self-management workshop
- · Promotes patient activation/empowerment by teaching behavior management
- Not disease-specific
- Addresses topics such as:
  - Problem-solving
  - Relaxation techniques
  - Nutritious eating
  - Improving Communication with physicians, family, and friends
  - Medication "how to's"
  - Weekly goal setting

## The Benefits of Healthier Living

- More energy/reduced fatigue
- Improved symptom management
- Increase in exercise
- · Improved health status
- · Reduction in depression symptoms
- Reduction in pain
- Enhanced partnerships with physicians
- Fewer ER visits





The Chronic Disease Self-Management Program/Workshop ©2012, The Board of Trustees, Leland Stanford Junior University. All rights reserved. This program may only be used or reproduced by organizations licensed by Stanford University.

Healthier Living is offered through the Health Innovation Programs department of Partners in Care. Partners in Care Foundation is the statewide Technical Assistance Center for the California Departments of Aging and Public Health, providing ongoing technical support to organizations and leaders offering Healthier Living and other evidence-based health promotion program



# **August/September 2014 Classes**

#### San Marcos

Location: San Marcos Library, #2 Civic Center Dr., San Marcos, Ca 92069

**Dates:** 6 Wednesdays August 6 thru September 10

(Plan to attend ALL sessions including August 6, 13, 20, 27 September 3, 10)

**Time:** 11:30am to 2:00pm

#### Chula Vista \*\*SPANISH\*\*

Location: Public Authority HHSA 780 Bay Blvd., Suite 200, Chula Vista, CA 91910

**Dates:** 6 Tuesdays August 12 thru September 16

(Plan to attend ALL sessions including August 12, 19, 26 September 2, 9, 16)

**Time:** 1:00pm to 3:30pm

#### **Downtown**

Location: San Diego Central Library, 330 Park Blvd., San Diego, Ca 92101

**Dates:** 6 Saturdays August 16 thru September 20

(Plan to attend ALL sessions including Aug 16, 23, 30 Sept 6, 13, 20)

**Time:** 11:30am to 2:00pm

#### **Vista**

Location: Vista Library, 700 Eucalyptus Ave., Vista, CA 92084

Dates: 6 Saturdays September 6 thru October 11

(Plan to attend ALL sessions including September 6, 13, 20, 27 October 4, 11)

**Time:** 10:30am to 1:00pm

#### **El Cajon**

Location: El Cajon Library, 201 E. Douglas Ave., El Cajon, CA 92020

Dates: 6 Tuesdays September 9 thru October 14

(Plan to attend ALL sessions including September 9, 16, 23, 30 October 7, 14)

**Time:** 1:00pm to 3:30pm

#### La Mesa\*\*DIABETES\*\*

Location: Herrick Library 9001 Wakarusa St., La Mesa, CA 91942

**Dates:** 6 Saturdays September 27 thru November 1

(Plan to attend ALL sessions including Sept 27 Oct 4, 11, 18, 25 Nov 1)

Time: 9:00am to 11:30am

To Sign Up Contact: Kyra Reinhold at 858-495-5710 or Kyra.Reinhold@sdcounty.ca.gov