

CALIFORNIA HEALTHIER LIVING

Living Your
Best Life...

www.cahealthierliving.org



About Healthier Living

- **Free on-site workshops**
- Meets 2½ hours per week for 6 weeks
- Trained peer-leaders (non-health care professionals)
- Meet new people and gain social support
- Gives you tools to live a healthier life

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer

Workshop Topics

- Goal-setting and problem solving
- Healthy eating and physical activity
- Talking to your doctors, friends and family about your health
- How to manage your medications
- How to relax
- Learning how to control emotions

The Benefits of Healthier Living

- Helps you feel well and be well
- Become more active
- Better relationships with health care providers
- Helps to control pain
- Gives you more energy
- Helps you to sleep better

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

- Workshop participant

Visit us online at

www.cahealthierliving.org



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