

# Live Your Best Life!

## Healthier Living Workshop

### About Healthier Living Workshops

- Free on-site workshops
- Meets for 2 1/2 hours each week for six weeks
- Trained peer leaders
- 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 activities and their benefits:

Activity	Benefit
Goal setting and problem solving	Helps you feel well and be well
Reading food labels and meal planning	Learn about healthy eating
Learning easy ways to increase physical activity	Become more active and increase energy
Learning different ways to cope with difficult emotions	Live happier and calmer
Meditation, visualization, and positive thinking	Improve relaxation and sleep
Managing medications	Reduce missed medication doses
Improving communication about your health	Better relationships with health care providers and loved ones


*“It gave me the courage to get my life back on track...” Workshop participant*

**CALIFORNIA**  
**HEALTHIER LIVING**

[www.cahealthierliving.org](http://www.cahealthierliving.org)

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