

# Live Your Best Life!

## Healthier Living Workshop

### About Healthier Living Workshops

- 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)

©Self-Management Resource Center Inc, 2012. All rights reserved. All or portions of this material include copyrighted materials belonging to Self-Management Resource Center. This program may only be used or reproduced by organizations licensed by the Self-Management Resource Center.

This project was supported, in part by grant number 90CSSG0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. This document developed in conjunction with Partners in Care Foundation, 11/20.

 An SMRC Evidence-Based Self-Management Program originally developed at Stanford University.