

Holman United Methodist Church

presents

Healthier Living with Chronic Conditions



*Live Your
Best Life ...*

— A FREE COMMUNITY WORKSHOP! —

Dates:

- Meets 2½ hours per week for 6 weeks
- Trained peer leaders
- Pre-registration is required
- Not a drop-in group

Time:

Space is limited!

Location:

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

To sign up, please contact:

Through guided discussion and goal setting, participants learn how to manage stress, eat healthier, develop an exercise program, and communicate more effectively with their healthcare team.



HOLMAN
united methodist church



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WISE
&
Healthy Aging

www.wiseandhealthyaging.org

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Healthier Living

F A C T S H E E T

About *'Healthier Living'*

- **No-Cost** on-site workshops
- Meets 2½ hours per week for 6 weeks
- Trained peer-leaders (non-health care professionals)
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program created and licensed by Stanford University

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

To Register:

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults