

Patient Education: FREE Workshop

---

Shasta Community Health Center  
& Shasta County Public Health will be working together to bring the  
"Healthier Living Workshop" to Shasta Community Health Center's  
Placer Street Clinic (Main)

---

Learn practical tips to improve your health by attending a FREE Healthier Living workshop at Shasta Community Health Center. If you, or someone you care for has an ongoing health condition including diabetes, arthritis, heart disease, (*or any other*), this workshop can help you feel better, take control of your life, and get connected to others with similar issues. This award-winning program was developed by Stanford University and has been proven effective in:

- Improving physical activity, exercise, and healthy eating
- Providing you with tools to address problems like frustration, pain, fatigue, depression and anxiety
- Improving relaxation, breathing, and increase positive thinking
- Learning effective ways to talk to your doctor and family about your health

Workshops are led by someone *like you* who also has an ongoing health condition (*or who has cared for someone with a health condition*). Leaders are trained in helping you learn practical skills that really work. Groups are small and held once a week. Snacks and drinks will be served at each session.

Upon successful completion of the six-week workshop you will also receive these items:

- "Healthier Living" (book)
- "Time for Healing," (CD)
- \$25.00 gift certificate (gas or food card)

Take your first steps to feeling better by signing up for this free workshop today.



Classes are FREE but space is limited. Register by calling Holly at: (530) 246-5710 x 5948, or Theresa at: (530) 246-5806. You may also email: [tblanco@shastahealth.org](mailto:tblanco@shastahealth.org) for further information. **\*\*Also, ask about our computer-based workshops, where you can participate directly from your computer via the internet\*\***