

SHASTA COMMUNITY HEALTH CENTER

FEBRUARY 2021

Workshop Calendar

www.shastahealth.org/education or (530) 229-5115

MINDFUL EATING

February 12th 12:00pm-1:30pm *Virtual, join us online!*



TOBACCO RECOVERY

February 24th 1:00pm-3:00pm *Virtual, join us online!*



Community Events

HEALTHY SHASTA: WALKS PASSPORT

Join Healthy Shasta in their **New Year Walking Challenge**. Print the passport [online](#) or pick up a copy at most Shasta County libraries. Prizes drawings are open to those who participate!

SCHEDULE MAY CHANGE & SIGN-UP NEEDED. CALL FOR DETAILS.

All workshops are free and open to the community. Must be 18 to attend.



Free Workshop

Mindful Eating

You must
reserve a
space. **Space
is limited.**

February 12, 2021

12:00p.m. to 1:30p.m.
Fridays for 9 weeks

Virtually on Zoom.

You will need an internet or cellular connection on a computer, smartphone, or tablet that has a camera as well as two-way audio. We must be able to see and hear you.

We will talk about:

- Knowing your physical & emotional cues
- Choosing food for health & happiness
- Portions & snacking
- Meal planning
- Living an active life

For More Information:

www.shastahealth.org/education

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Tobacco Recovery

Self-Management Workshop

For More Information:

(530) 229-5115
[www.shastahealth.org/
education](http://www.shastahealth.org/education)

FREE virtual workshop for anyone interested in reducing or stopping their tobacco use.

We will talk about:

- Developing a healthy living plan
- Practical advice and activities to promote alternatives to tobacco
- Ways to cope with cravings before they strike
- Problem-solving tools and social support
- Other options like Nicotine Replacement Therapy and prescriptions like CHANTIX and Zyban

Feb. 24th
1 p.m. to 3 p.m.

Join us virtually on Zoom!

- You will need an internet or cellular connection on a computer, tablet, or smartphone that has a camera as well as two-way audio.
- We must be able to see and hear you.
- Each workshop is 2 hours per week for 7 weeks.
- You must **reserve a space** for this workshop, as space is limited.

