

SHASTA COMMUNITY HEALTH CENTER

JANUARY 2021

Workshop Calendar

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

HEALTHIER LIVING



January 21st 9:30am-12:00pm *Virtual, join us online!*

Coming Soon

MINDFUL EATING



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

TOBACCO RECOVERY



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

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

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



Healthier Living Workshop

An award-winning program developed by the Self-Management Resource Center to help you better manage chronic health conditions and live a happier, healthier life.

For More Information:

(530) 229-5115
www.shastahealth.org

**Join us online on January 21st!
9:30 a.m. to 12:00p.m.**

You must reserve a space for this workshop as space is limited.

We will talk about:

- Tools to manage your health condition and lessen its impact on your life
- Ideas to reduce fatigue, anxiety, sleep loss and pain
- Setting goals and problem-solving to make positive changes

Who should attend?

- Adults, 18 and over, with a chronic health condition such as heart disease, arthritis, recovery & others.
- Family & friends who care for loved ones with chronic conditions.

Virtual Workshop!
Call for details.



What do you need?

- Yourself and any friends or family ready to improve their life.
- 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.

When are the workshops?

- Workshops start several times throughout the year. Each workshop is 2.5 hrs once a week for 7 weeks.