

SHASTA COMMUNITY HEALTH CENTER

MARCH 2021

Workshop Calendar

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

TOBACCO RECOVERY

February 25th

1:00pm-3:00pm

Virtual, join us online!



Community Resources: Prediabetes

TURN IT AROUND SHASTA



Shasta County
Health & Human
Services Agency

Are you at risk for prediabetes? Take the free prediabetes risk test at turnitaroundshasta.com. Learn about preventing diabetes and explore local resources in Shasta County.

SHASTA FAMILY YMCA



Join the Diabetes Prevention Program at Shasta Family YMCA. This lifestyle program supports people with prediabetes to make practical, real-life changes, and cut their risk of developing type 2 diabetes by half. Call (530) 768-2185 or visit their website for more information.

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

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



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. 25th
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.

