**PATIENT EDUCATION WORKSHOPS**

**Free to Attend**

**TO SIGN-UP OR FOR MORE INFORMATION:**
(530) 229-5115 OR www.shastahealth.org/education

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**Cancer: Thriving & Surviving**
Get tips to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty, about making treatment decisions and helpful therapies, tips for talking with family, friends and your health care team during difficult moments and more!

**Healthier Living**
Learn to better manage health conditions and lessen its impact, reduce discomfort, set goals and problem solve to make positive changes and more.

**Pain Self-Management**
Learn the difference between acute vs. chronic pain, about the effects of untreated pain. Also learn about alternative pain management techniques like breathing and visualization.

**Planee su Plato**
Encuentre formas más fáciles de planificar sus comidas a través del balance de carbohidratos, proteínas, grasas y tamaños de porciones. Habrá una demostración de comida simple y ejemplos de recetas saludables. Reunión mensual con un dietista registrado (RD).

**Healthier Living**
Learn to better manage health conditions and lessen its impact, reduce discomfort, set goals and problem solve to make positive changes and more.

**Positive Self-Management - HIV/AIDS**
Discover how to best combine your medication schedule into your daily life and learn skills to deal with problems, create an exercise plan, get the right nutrition, create advanced directives, evaluate symptoms, and connect with others.

**Mindful Eating**
A basic nutrition workshop for anyone looking for skills to eat and live healthier.

**Diabetes Self-Management**
Learn tips to deal with the symptoms of diabetes, as well as learn tools to improve strength and endurance, eat healthy, use medications appropriately, among others.

**Tobacco Recovery**
Get in-depth information about all forms of tobacco use, problem solving skills and social support, information about Nicotine Replacement Therapy, plus information about tobacco related prescription drugs. Current tobacco users welcome.

**Let’s Talk Diabetes**
This regular program features a Registered Dietitian (RD). Sessions are held the 2nd Friday of every other month and includes a more clinical discussion about how Diabetes works and how your food choices will affect your blood sugar.

**Wellness Yoga & Body Balance**
Two types of physical activity classes are offered to meet all ability & comfort levels. Different classes are available Mondays, Tuesdays, and Thursdays. Call for details and to see which class is the best fit for you and your needs.

**Health Hero**
This workshop we will help you organize your health information and learn new skills and tools to make the most of your healthcare visits. You will learn about how to communicate effectively and the power of positive thinking. We will also teach you how to feel more confident and improve access to your healthcare team and local resources.