

Learn how to be your own...

# HEALTH HERO

## FREE WORKSHOP

Shasta Community Health Center  
1035 Placer St. Redding, CA 96001  
3rd Floor

In this workshop we will help you learn new skills and tools to make the most of your healthcare visits. Some of the topics we will cover include:

- Organizing your health information
- How to be a better communicator
- The power of positive thinking
- How to feel more confident
- Improve access to your healthcare team and local resources



For More Information:

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

