

# WORKSHOP SCHEDULE

## “Healthier Living with Chronic Conditions” And “Healthier Living with Diabetes”

The Healthier Living workshop:

- Meets for 2-2.5 hours once a week for six weeks; you are encouraged to attend all six sessions.**
- Workshops are **FREE!**
- Includes skills to relieve pain, reduce fatigue, calm anxiety, relieve shortness of breath and soothe muscle tension, improve sleep, and communicate better about needs.
- Gives you back control of life that having a chronic condition can take away.

### CURRENT WORKSHOPS (UPDATED MONTHLY)

DATES	LOCATION	TOPIC	DAY	TIME	CONTACT	PHONE	ADDRESS
September 21- October 26, 2017	Rancho Bernado Library	Healthier Living with Diabetes	Thursday	10:00 AM-12:00 PM	Library Front Desk	858-538-8163	17110 Bernardo Center Dr, San Diego, CA 92128
September 22- October 27, 2017	Elder Multicultural Access and Support Services	Healthier Living with Chronic Conditions	Friday	10:00 AM-12:30 PM	AIS	858-495-5500	200 N Ash Ave, Escondido
October 2- November 6, 2017	North Inland Live Well Center	Healthier Living with Diabetes <b>SPANISH</b>	Monday	9:30 AM-12:00 PM	AIS	858-495-5500	649 W. Mission Ave. Escondido, CA 92025
October 10- November 14, 2017	Bostonia Park & Recreation Center	Healthier Living with Chronic Conditions	Tuesday	10:00 AM-12:30 PM	AIS	858-495-5500	1049 Bostonia St, El Cajon, CA 92021
October 12- November 16, 2017	Mira Mesa Library	Healthier Living with Diabetes	Thursdays	1:30 PM-3:30 PM	Library Front Desk	858-538-8165	8405 New Salem St. San Diego, CA 92126
October 17- November 21, 2017	Jewish Family Services College Ave Center	Healthier Living with Diabetes	Tuesday	9:30 AM-12:00 PM	AIS	858-495-5500	Temple Emanu-El, 6299 Capri Drive, San Diego, CA 92120

January 10-February 14, 2018	Poway Library	Healthier Living with Chronic Conditions	Wednesday	10:00 AM-12:30 PM	AIS	858-495-5500 ext. 3	13137 Poway Rd, Poway, CA 92064
ON GOING DATES	SHARP Healthcare Clinics and open to public	Chronic Conditions In English	Ask	Check for times and days	SHARP website	Use website <a href="http://www.sharp.com/classes">www.sharp.com/classes</a>	<a href="http://www.Sharp.com/events">www.Sharp.com/events</a> * OPEN TO PUBLIC
ON-GOING DATES	Military clinics and healthcare facilities	Chronic Conditions In English	Ask	Check for times and days	Joyce DiCicco	619-532-6528	FOR MILITARY & beneficiaries & the public

## ABOUT THE WORKSHOP

- Evidence-based; proven results
- Trained Peer Educator leaders
- Interactive sessions; contribute your experience and wisdom to the process

**Referrals, Registration or Questions  
about Bringing a Workshop to YOUR Group?  
Call 858-495-5500**