

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
July 14- August 18, 2017	Ed Brown Center for Active Adults	Healthier Living with Diabetes	Friday	9:00 AM- 11:00 AM	Ed Brown Center for Active Adults	858.487.9324; edbrowncenter@gm ail.com	18403 West Bernardo Drive, SD, 92127
August 15- September 19, 2017	Olivewood Gardens	Chronic Conditions in Spanish	Tuesday	1:30 PM- 4:00 PM	AIS	858-495-5500 ext. 3	2525 N Ave, National City, CA 91950
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
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 ext. 3	Temple Emanu-El, 6299 Capri Drive, San Diego, CA 92120
ON GOING DATES	SHARP Healthcare Clinics and open to public	Chronic Conditions In English	Ask	Check for times and days	SHARP website	Use website www.sharp.com/clas ses	www. Sharp.com /events * 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 ext. 3**