

Healthier Living Workshop Schedule

February—April 2019

Visit HealthierLivingSD.org for full description of workshop curriculums or call (858) 495-5500.

DATES	LOCATION	TOPIC	DAY	TIME	CON-TACT	REGISTRA-TION	ADDRESS
Starts: February 7 Ends: March 14	Casa Familiar	Healthier Living with Chronic Pain (SPANISH)	Thursdays	9:30AM - 12:00PM	Maria	(619) 250-4703	1901 Del Sur Blvd. 2 nd Floor San Ysidro, CA 92173
Starts: February 21 Ends: March 28	Jewish Family Services College Avenue Center	Healthier Living with Diabetes	Thursdays	12:30PM - 3:00PM	AIS	(858) 495-5500	Temple Emanu-El 6299 Capri Drive San Diego, CA 92120
Starts: February 25 Ends: April 1	Casa Familiar	Healthier Living with Chronic Pain (SPANISH)	Mondays	10:30am - 1:00pm	AIS	(858) 495-5500	268 E. Park Ave. San Ysidro, CA 92173
Starts: March 4 Ends: April 15	Casa Familiar	Healthier Living with Diabetes (SPANISH)	Mondays	10:00AM - 12:30PM	Maria	(619) 250-4703	212 W. Hall Drive Rec #1 San Ysidro, CA 92173
Starts: March 13 Ends: April 17	Lincoln Acres Library	Healthier Living with Diabetes (SPANISH)	Wednesdays	10:00am - 12:30pm	Lincoln Acres Library	619-475-9880	2725 Granger Ave. National City, CA 91950

DATES	LOCATION	TOPIC	DAY	TIME	CON-TACT	REGISTRA-TION	ADDRESS
Starts: April 2 Ends: May 7	EMASS	Healthier Living with Chronic Conditions (SPANISH)	Tuesdays	9:30AM - 12:00PM	AIS	(858) 495-5500	200 N. Ash Street Suite 100, Escondido, CA 92027
Starts: April 5 Ends: May 10	Poway Library	Healthier Living with Diabetes	Fridays	11:30AM - 2:00PM	AIS	(858) 495-5500	13137 Poway Rd. Poway, CA 92064

ABOUT THE WORKSHOPS

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

Workshop Information:

- **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)

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