

# 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
<b>Starts:</b> January 10 <b>Ends:</b> February 14, 2018	Poway Library	Healthier Living with Chronic Conditions	Wednesday	10:00 AM- 12:30 PM	AIS	858-495-5500	13137 Poway Rd., Poway, CA 92064
<b>Starts:</b> January 10 <b>Ends:</b> February 14, 2018	Silvercrest Community	Healthier Living with Chronic Conditions	Wednesday	12:30 PM- 3:00 PM	AIS	858-495-5500	3839 Lake Blvd., Oceanside, CA 92056
<b>Starts:</b> January 16 <b>Ends:</b> February 20 2018	Casa Familiar	Healthier Living with Diabetes <b>SPANISH</b>	Tuesday	9:30 AM- 12:00 PM	AIS	858-495-5500	119 West Hall Ave. San Ysidro, CA 92173
<b>Starts:</b> January 22 <b>Ends:</b> February 26 2018	TAS Senior Center	Healthier Living with Chronic Conditions	Monday	9:30 AM- 12:00 PM	AIS	858-495-5500	15905 Pomerado Rd. Poway, CA 92064
<b>Starts:</b> January 22 <b>Ends:</b> February 26 2018	San Rafael Catholic Church	Healthier Living with Diabetes	Monday	9:30 AM- 11:30 AM	AIS	858-495-5500	17252 Bernardo Center Dr. San Diego, CA 92128

<b>Starts:</b> January 23 <b>Ends:</b> February 27 2018	MCRD San Diego <b>*DOD ID holders only</b>	Healthier Living with Chronic Conditions	Tuesday	11:00 AM-1:30 PM	AIS	858-495-5500	3602 Hochmuth Ave. Building 6E San Diego, CA 92140
<b>Starts:</b> January 25 <b>Ends:</b> March 1 2018	Alpine Library	Healthier Living with Chronic Conditions	Thursday	10:00 AM-12:30 PM	AIS	858-495-5500	1752 Alpine Blvd., Alpine, CA 91901
<b>Starts:</b> February 18 <b>Ends:</b> March 25 2018	Bonita-Sunnyside Library	Healthier Living with Diabetes	Sunday	2:00 PM – 4:30 PM	AIS	858-495-5500	4375 Bonita Rd., Bonita, CA 91902
<b>ON GOING DATES</b>	<b>SHARP Healthcare Clinics and open to public</b>	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
<b>ON-GOING DATES</b>	<b>Military clinics and healthcare facilities</b>	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**