

# WORKSHOP SCHEDULE

**“Healthier Living with Chronic Conditions”**  
**“Healthier Living with Diabetes”**  
*AND*  
**“Healthier Living with Chronic Pain”**

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> October 2 <b>Ends:</b> November 6 2018	EMASS	Healthier Living with Diabetes <b>(SPANISH)</b>	Tuesdays	9:30AM - 12:00PM	EMASS	(760) 233-1984	200 North Ash St Suite 100 Escondido, CA 92027
<b>Starts:</b> October 3 <b>Ends:</b> November 7 2018	South Metro Career Center	Healthier Living with Diabetes	Wednesdays	9:30AM - 12:00PM	AIS	(858) 495-5500	4389 Imperial Avenue San Diego, CA 92113
<b>Starts:</b> October 8 <b>Ends:</b> November 12 2018	Casa Familiar	Healthier Living with Chronic Pain <b>(SPANISH)</b>	Mondays	10:15AM - 12:45PM	Maria Cervantes	(619) 250-4703	212 West Park Ave. San Ysidro, CA 92173
<b>Starts:</b> October 10 <b>Ends:</b> November 14 2018	Herrick Community Health Library	Healthier Living with Chronic Pain	Wednesdays	2:00pm - 4:30pm	AIS	(858) 495-5500	9001 Wakarusa St. La Mesa, CA 91942
<b>Starts:</b> October 23 <b>Ends:</b> November 27 2018	MCRD Library *See details below	Healthier Living with Diabetes	Tuesdays	11:30AM - 2:00PM	Tammy Porath	(619) 524-8030	3800 Chosin Ave. Building 7W San Diego, CA 92140

<b>Starts:</b> October 26 <b>Ends:</b> November 30 2018	La Pacifica Clubhouse	Healthier Living with Diabetes <b>(SPANISH)</b>	Fridays	9:30AM - 12:00PM	Maria Cervantes	(619) 250-4703	1010 W. San Ysidro Blvd. San Ysidro, CA 92173
<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

**\*Healthier Living with Diabetes workshop at the MCRD Library:** Open to all DoD eligible families regardless of enrollment in EFMP (Active Duty, Retired, Reserve, DoD civilians and contractors, and other federal agencies). Call Tammy Porath {(619) 524-8030} for more details.

### **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**