

WORKSHOP SCHEDULE

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

The Healthier Living workshop:

- a. **Meets for 2-2.5 hours once a week for six weeks; you are encouraged to attend all six sessions.**
- b. Workshops are **FREE!**
- c. Includes skills to relieve pain, reduce fatigue, calm anxiety, relieve shortness of breath and soothe muscle tension, improve sleep, and communicate better about needs.
- d. 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
Starts: August 24 Ends: September 28 2018	EMASS	Healthier Living with Chronic Pain (SPANISH)	Fridays	9:30AM - 12:00PM	AIS	(858) 495-5500	200 North Ash St Suite 100 Escondido, CA 92027
Starts: August 29 Ends: October 3 2018	Casa Familiar	Healthier Living with Chronic Conditions (SPANISH)	Wednesdays	10:30AM - 1:00PM	Casa Familiar	(619) 428-1115	212 West Park Ave. San Ysidro, CA 92173
Starts: September 4 Ends: October 9 2018	Jewish Family Services College Ave Center	Healthier Living with Chronic Pain	Tuesdays	12:30PM - 3:00PM	AIS	(858) 495-5500	Temple Emanu-El 6299 Capri Drive San Diego, CA 92120
Starts: September 4 Ends: October 9 2018	John D. Spreckels Center	Healthier Living with Chronic Conditions	Tuesdays	10:00AM - 12:30PM	John D. Spreckels Center	(619) 522-7343	1019 7 th St. Coronado, CA 92118
Starts: September 14 Ends: October 19 2018	Fallbrook Regional Health District	Healthier Living with Chronic Conditions (SPANISH)	Fridays	5:30PM - 8:00PM	Patty Sanchez	(760) 468-1744	1636 E. Mission Rd. Fallbrook, CA 92028

Starts: September 21 Ends: October 26 2018	Paradise Village	Healthier Living with Chronic Conditions	Fridays	9:30AM - 12:00PM	Paradise Village	(619) 475-5040	2700 E. 4 th St. National City, CA 91950
Starts: October 2 Ends: November 6 2018	EMASS	Healthier Living with Diabetes (SPANISH)	Tuesdays	9:30AM - 12:00PM	EMASS	(760) 233-1984	200 North Ash St Suite 100 Escondido, CA 92027
Starts: October 3 Ends: 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
Starts: October 3 Ends: November 7 2018	Herrick Community Health Library	Healthier Living with Chronic Pain	Wednesdays	2:00PM - 4:30PM	AIS	(858) 495-5500	9001 Wakarusa Street La Mesa, CA 91942
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**