

**A
FREE
COMMUNITY
WORKSHOP**

CALIFORNIA Healthier Living



*Live Your
Best Life...*

Information Session
Wednesday, August 30 • 1 pm

Sessions Meet Wednesdays
September 6 - October 11
1:00 - 3:30 pm

Space is limited!

You must attend one of the first two sessions to secure your place in the group.

Healthier Living Workshop

- Meets 2½ hours per week for 6 weeks
- Trained peer leaders
- Meet new people and gain social support
- Get tools to live a healthier life

**Supports self-management of
ongoing health conditions**



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Benefits of Healthier Living...

- Feel better and sleep better
- Become more active
- Help control pain
- Have more energy
- Better relationships with health care providers

**To sign up, stop by
the office or call:
(310) 394-9871, ext. 264**

Workshop Series Location:
Lincoln Court Apartments
2807 Lincoln Blvd.
Santa Monica, CA 90405

WISE
Healthy Aging

www.wiseandhealthyaging.org

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities. Within 72 hours of the event please contact the Branch Manager should an accommodation be needed.

Healthier Living

F A C T S H E E T

About *'Healthier Living'*

- **No-Cost** on-site workshops
- Meets 2½ hours per week for 6 weeks
- Trained peer-leaders (non-health care professionals)
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program created and licensed by Stanford University

Workshop Topics

- Goal-setting and problem solving
- Healthy eating and physical activity
- Talking to your doctors, friends and family about your health
- How to manage your medications
- How to relax
- Learning how to control emotions

The Benefits of *'Healthier Living'*

- Helps you feel well and be well
- Become more active
- Better relationships with health care providers
- Helps to control pain
- Gives you more energy
- Helps you to sleep better

To register, contact:

Dr. Miriam Caiden, MSG, PhD

(310) 394 9871 ext. 264

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults