



A New Leaf – La Mesita:
In Partnership with Dignity Health, East Valley
Presents: Healthier Living
Chronic Disease Self-Management Program

Take Control of Your Chronic Condition and Get Your Life Back!

FREE 7-Week Workshop Series for Adults with COPD, Diabetes, High Blood Pressure, OR ANY other Chronic Health Condition. Also appropriate for caregivers and/or family members and ANYONE interested in improving their overall health and well-being.

Managing a chronic Condition can be complex and sometimes frustrating. Let us help!
Healthy Living is a workshop designed to **EMPOWER** you to become an active self-manager.
We give you the tools you need to improve your health and quality of life.

What you can expect to learn:

- Exercise and nutrition
- Relaxation techniques
- Medication usage
- Pain/fatigue management
- Dealing with negative emotions
- Restful sleeping techniques
- Making informed decisions
- Improving communications
- Decision making
- Managing symptoms
- Setting weekly goals
- Better breathing

Healthier Living Workshop Coming to A New Leaf – La Mesita!

2254 W Main St, Mesa, AZ 85201

7 Mondays, September 11, 2017 – October 23, 2017 from 6:00PM – 8:30PM

TO REGISTER: Register for the **FREE** workshop today in person at La Mesita **OR**
by calling 480-833-9726 **OR** email: HealthierLiving-CRMC@dignityhealth.org
Class size is 10 to 18 participants. **Minimum 10 participants are required.**

Sessions are 2.5 hours each, and meet once per week. The first week, **September 11th**, is an hour long
“**Session Zero**” where you learn about the program, get to know each other, and fill out paperwork.

Register early! Space is limited!

Light refreshments will be served and all participants who complete the series receive:

- Certification of Completion
- “Living a Healthy Life with Chronic Conditions” book