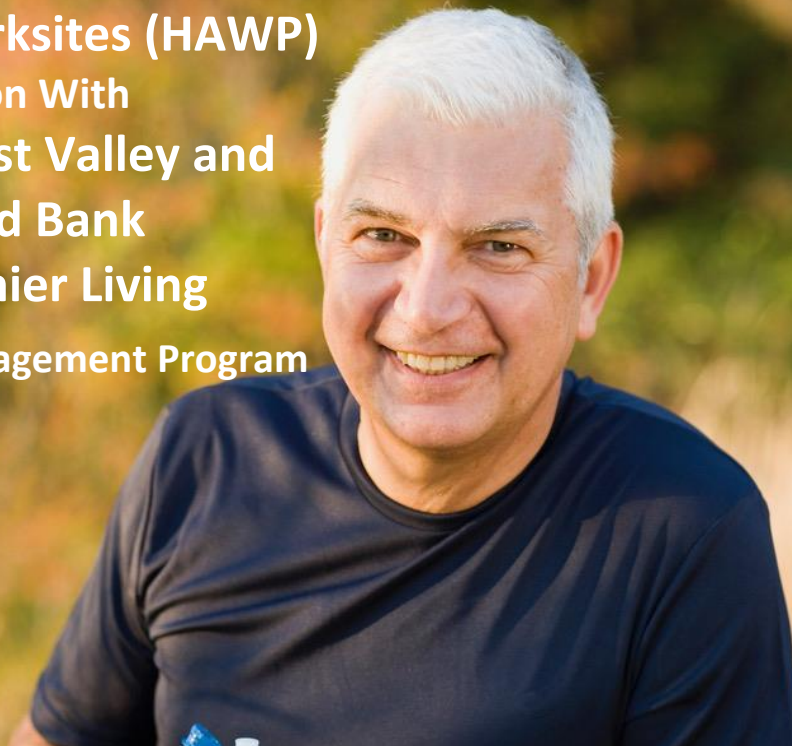


# Healthy Arizona Worksites (HAWP) In Collaboration With Dignity Health, East Valley and Midwest Food Bank Presents: Healthier Living Chronic Disease Self-Management Program



## Take Control of Your Health and Well-being and Get Your Life Back!

**FREE 6-Week Workshop Series for Adults with COPD, Diabetes, High Blood Pressure, Arthritis, 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!** Healthier 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.

**Sessions are 2.5 hours each, and meet once per week.**

### 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 for Healthy Living Worksites (HAWP)!

**Location: Midwest Food Bank – 725 E Baseline Rd, Gilbert, AZ 85233**

**7 Wednesdays, May 16, 2018 – June 27, 2018 from 6:00PM – 8:30PM\*\***

**\*\*The first week, May 16th, is an hour long overview “Session Zero”**

**To REGISTER for this FREE workshop: Visit: <http://conta.cc/2Ea4cWl>**

**For questions or more Information, email [info@healthyazworksites.org](mailto:info@healthyazworksites.org) or call Sherry Haskins (602)-372-7034**

### 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