



# Put Life Back In Your Life



## HEALTHIER LIVING WITH CHRONIC CONDITIONS

An award-winning program developed by Stanford University to help participants live a happier, healthier life!



### About Healthier Living

- Meets 2 ½ hours per week for six weeks
- Small group (10-15 participants)
- Peer-facilitated (non-health care professional) self-management workshop
- Promotes patient activation/empowerment by teaching behavior management
- Not disease-specific
- Addresses topics such as:
  - Problem-solving
  - Relaxation techniques
  - Nutritious eating
  - Improving Communication with physicians, family, and friends
  - Medication “how to’s”
  - Weekly goal setting

### The Benefits of Healthier Living

- More energy/reduced fatigue
- Improved symptom management
- Increase in exercise
- Improved health status
- Reduction in depression symptoms
- Reduction in pain
- Enhanced partnerships with physicians
- Fewer ER visits

It is **FREE**

To Sign Up for a  
Class Near you  
Contact: Kyra  
Reinhold at

858-495-5710



## August/September 2014 Classes

### San Marcos

**Location:** San Marcos Library, #2 Civic Center Dr., San Marcos, Ca 92069

**Dates:** 6 Wednesdays August 6 thru September 10

(Plan to attend ALL sessions including August 6, 13, 20, 27 September 3, 10 )

**Time:** 11:30am to 2:00pm

### Chula Vista **\*\*SPANISH\*\***

**Location:** Public Authority HHSA 780 Bay Blvd., Suite 200, Chula Vista, CA 91910

**Dates:** 6 Tuesdays August 12 thru September 16

(Plan to attend ALL sessions including August 12, 19, 26 September 2, 9, 16 )

**Time:** 1:00pm to 3:30pm

### Downtown

**Location:** San Diego Central Library, 330 Park Blvd., San Diego, Ca 92101

**Dates:** 6 Saturdays August 16 thru September 20

(Plan to attend ALL sessions including Aug 16, 23, 30 Sept 6, 13, 20)

**Time:** 11:30am to 2:00pm

### Vista

**Location:** Vista Library, 700 Eucalyptus Ave., Vista, CA 92084

**Dates:** 6 Saturdays September 6 thru October 11

(Plan to attend ALL sessions including September 6, 13, 20, 27 October 4, 11 )

**Time:** 10:30am to 1:00pm

### El Cajon

**Location:** El Cajon Library, 201 E. Douglas Ave., El Cajon, CA 92020

**Dates:** 6 Tuesdays September 9 thru October 14

(Plan to attend ALL sessions including September 9, 16, 23, 30 October 7, 14 )

**Time:** 1:00pm to 3:30pm

### La Mesa **\*\*DIABETES\*\***

**Location:** Herrick Library 9001 Wakarusa St., La Mesa, CA 91942

**Dates:** 6 Saturdays September 27 thru November 1

(Plan to attend ALL sessions including Sept 27 Oct 4, 11, 18, 25 Nov 1)

**Time:** 9:00am to 11:30am

**To Sign Up Contact:** Kyra Reinhold at 858-495-5710 or  
Kyra.Reinhold@sdcounty.ca.gov