



Put Life Back in Your Life!



HEALTHIER LIVING: MANAGING ONGOING HEALTH 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 pain
- Enhanced partnerships with physicians
- Fewer outpatient visits
- Fewer emergency room visits
- Fewer hospitalizations
- Decrease in length of hospital stay

**For a Workshop
Near You in
Orange County**

Call 1-800-510-2020