



Cochise County Health and Social Services

Public Programs...Personal Service
www.cochise.az.gov

* * * MEDIA RELEASE * * *

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FOR IMMEDIATE RELEASE: Free Healthy Living Classes Start Soon in Bisbee

Cochise Health and Social Services is pleased to announce a series of no-cost *Healthy Living Workshops* co-sponsored by the Copper Queen Community Hospital and the Arizona Department of Health Services. The courses will be held at the Copper Queen Community Hospital Wellness Center in the San Jose neighborhood of Bisbee.

The Healthy Living Program is an evidence-based curriculum designed by Stanford University to help people more effectively self-manage chronic diseases. After a one-hour introductory session, participants will meet for two and a half hours each week for six weeks. Subjects covered will include:

- techniques to deal with problems such as frustration, pain, and isolation
- appropriate nutrition and exercise for maintaining and improving flexibility, strength, balance and endurance
- appropriate use of medications
- communicating effectively with family, friends and health professionals
- getting better sleep

Wellness programs like these can have a significant impact on reducing healthcare costs and improving an individual's health because a primary focus is on prevention of multiple chronic diseases and reducing risk factors. If you or family members are living with a chronic condition such as diabetes, high blood pressure, asthma, depression, cancer or obesity, please join us in our next life-changing workshop at:

Copper Queen Community Hospital Wellness Center
850 W. Hwy. 92
Bisbee, AZ 85603

Pre-Information Session

Wednesday, September 14
1:00 pm – 2:00 pm

Bisbee - Main Office
1415 Melody Lane, Building A
Bisbee, Arizona 85603
520-432-9400
520-432-9480 fax
health@cochise.az.gov

Benson
126 West 5th Street
Benson, Arizona 85602
520-586-8200
520-586-2051 fax

Douglas
1012 North G Avenue
Suite 101
Douglas, Arizona 85607
520-805-5600
520-364-5453 fax

Sierra Vista
4115 East Foothills Drive
Sierra Vista, Arizona 85635
520-803-3900
520-459-8195 fax

Willcox
450 South Haskell Avenue
Willcox, Arizona 85643
520-384-7100
520-384-0309 fax

Sessions 1 thru 6

Each Wednesday, September 21 – October 26

1:00 pm – 3:30 pm

The sponsors of this program are working to build and sustain the Healthy Living Program within Cochise County, not only through professional collaborations, but also through motivating an ongoing commitment to individual and public health by local businesses, city councils, community organizations, volunteers, and citizens battling chronic diseases.

Participation in the workshop is limited and pre-registration is required. Please contact Alejandra Barton-Molina at 520-432-9496 or abartonmolina@cochise.az.gov for more information or to sign up for this workshop.

About Cochise Health and Social Services

On behalf of the Board of Supervisors, Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through community partnerships, education, service, and leadership. For more information, including recent media releases, please visit our website at <https://www.cochise.az.gov/health-and-social-services/home>.

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Supported by Arizona Department of Health Services,
Cochise Health & Social Services, and Copper Queen
Community Hospital



Healthy Living Workshops **LEARN HOW TO TAKE CONTROL** **AND MANAGE YOUR HEALTH**



Do you have diabetes, hypertension, COPD, arthritis, depression, chronic pain, obesity or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

The workshop is one time per week for 6 weeks with a pre-information meeting. Enjoy the company and support of others living with chronic conditions. **Workshop is FREE! Space is limited**

Workshop Schedule:

Introductory Session 0:

Wednesday, September 14, 2016

1:00pm - 2:00pm

Session 1 thru 6

Wednesday, September 21 - October 26, 2016

1:00pm - 3:30pm

Location:

Copper Queen Community Hospital

Wellness Center

850 W Hwy 92

Bisbee, AZ 85603



To register call Alejandra Barton-Molina
at 520-432-9496 or email at
abartonmolina@cochise.az.gov

