



# Cochise Health & Social Services

Mary Gomez, Director

"Building A Healthier Future"

\*\*\* MEDIA RELEASE \*\*\*

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**FOR IMMEDIATE RELEASE: Free Healthy Living Classes Start Soon**

The Prevention Services Division of Cochise Health and Social Services is pleased to announce a series of no-cost Healthy Living classes to be held at four locations throughout Cochise County.

The Healthy Living Program is an evidence-based curriculum designed by Stanford University to help people more effectively self-manage chronic diseases. Participants attending one of these workshops will meet for two and a half hours each week for seven 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 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 one of our next life changing workshops:

Sierra Vista: Mountain View Community Center  
802 Rucker Street  
Fort Huachuca  
Thursdays, September 18 – October 30  
10:00am – 12:30pm

Sierra Vista: St. Andrew's Church  
800 Taylor Drive  
Wednesdays, September 24 – November 5  
9:00am – 11:30am

Douglas: Wellness Connection  
661 North G Avenue  
Mondays, September 29 – November 10  
4:30pm – 7:00pm

\*\*\* more \*\*\*

Public Programs, Personal Service: [www.cochise.az.gov](http://www.cochise.az.gov)

Email: [health@cochise.az.gov](mailto:health@cochise.az.gov)

<b>Main:</b>	1415 Melody Lane, Bldg. A, Bisbee, AZ 85603	Phone: 520-432-9400	Fax: 520-432-9480
<b>Benson:</b>	126 W. 5 <sup>th</sup> Street, Benson, AZ 85602	Phone: 520-586-8200	Fax: 520-586-2051
<b>Douglas:</b>	515 7 <sup>th</sup> Street, Douglas, AZ 85607	Phone: 520-805-5600	Fax: 520-364-5453
<b>Sierra Vista:</b>	4115 E. Foothills Dr., Sierra Vista, AZ 85635	Phone: 520-803-3900	Fax: 520-459-8195
<b>Willcox:</b>	450 S. Haskell Ave., Willcox, AZ 85643	Phone: 520-384-7100	Fax: 520-384-0309



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Bisbee: Health Matters  
850 West Highway 92  
Thursdays, October 2 – November 13  
9:00am – 11:30am

Cochise Health and Social Services has joined a broad array of state and local organizations to sponsor these events. Our collaborative partners include the Arizona Department of Health Services, Pima Council on Aging, the Arizona Living Well Institute, the Department of Behavioral Health Services, SouthEastern Arizona Governments Organization, Sierra Vista Regional Health Center Parish Nurses, Copper Queen Community Hospital, Wellness Connections, University of Arizona Cooperative Extension, American Red Cross, Fort Huachuca, and Cochise College.

A primary objective is to build and sustain the Healthy Living Program within Cochise County, not only through professional collaborations, but also through establishing commitment and motivation from local employers, businesses, city councils, organizations, volunteers and citizens with chronic disease in the community.

Mary Gomez, RN, MN, CHSS Director, took the classes herself about a year ago and says: "I would really encourage anyone in our community who is living with a chronic disease of their own, or helping care for someone who has a chronic disease, to attend these classes. The helpful information that is presented can be put to use immediately. I have not spoken with a single participant who has not benefitted from taking these classes, and many have found them to be life-changing and empowering! The material is extremely interesting and is presented in a casual and interactive way. Lots of time for questions and sharing experiences."

Participation in the workshops is limited and pre-registration is required. Please contact Claudia Morales at 520-432-9490 or [cmorales@cochise.az.gov](mailto:cmorales@cochise.az.gov) for more information or to sign up for a workshop. Additional information regarding the workshops is located on the [CQCH.org](http://CQCH.org) events page.

## 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 education, service, and leadership. For more information, including recent media releases, please visit our website at <http://cochise.az.gov/health>.

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