Supported by Arizona Department of Health Services, Cochise Health & Social Services, and Southern Arizona Behavioral Health Services (SEABHS)

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:

Thursday, January 7, 2016

Session 1 thru 6

Thursdays, January 14 - February 18, 2016

1:00pm - 3:30pm

Location:

SEABHS 4755 Campus Dr. Rm 122

Sierra Vista, AZ

To register call Lucinda or Valerie

520-458-3932 Ext. 4135 or 4112

or email

Lucinda_Patterson@seabhssolutions.org

Arizona Living Well Institute

Advancing Evidence-Based Programs for Arizona Communities

COUNTY OF COCHISE ARIZONA 1881