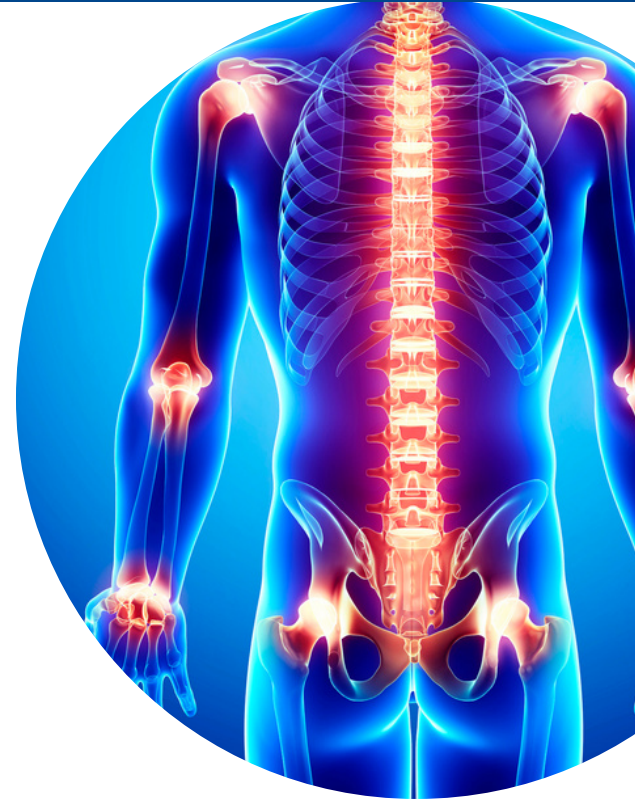


Healthier Living Series

A No-Cost Program for People Living with Chronic Disease

Participants Will Learn About:

- Healthy eating and physical activity
- Talking to your doctor
- How to manage medication(s)
- Learn how to control emotions
- Helps control pain
- Better relationships with health care providers
- Action-planning, problem-solving, decision-making and much more!



Class Design

- 6 week series meeting 1 time a week for 2.5 hours
- Small group workshops
- Led by trained and certified instructors
- Available in the following counties in California: Los Angeles, Orange, Riverside and San Bernardino

To schedule a series, contact:

Lilly Oros

(562) 637-7248

CHPCommunityEvents@scanhealthplan.com

