

the next **healthier living** workshop will be held at

Healthier Living workshops are offered at all Kaiser Permanente facilities in Southern California. Join us. You will leave feeling better about yourself and your health.

Baldwin Park  
(626) 851-5820

Panorama City  
(818) 375-3018

Bellflower  
(562) 622-4150

Riverside  
(951) 352-0292

Fontana  
(909) 427-3946

San Diego  
(619) 641-4194

Kern County  
(661) 664-3712

South Bay  
(310) 517-4190

Los Angeles  
(323) 783-4472

West Los Angeles  
(323) 298-3300

Orange County  
(714) 748-7843

Woodland Hills  
(818) 719-4305

Or, join us at one of our Community Partner facilities.

California Hospital Medical Center  
(213) 742-5820

El centro de accion social  
(626) 792-3148

Catholic Charities (various locations)  
(909) 510-9128

Huntington Hospital  
(626) 397-8642

Community Clinic Association of Los Angeles (various locations)  
(213) 201-6510

Los Angeles County Dept. of Health Services (various locations)  
(323) 235-6705

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healthier living:



MANAGING ONGOING HEALTH CONDITIONS



# HEALTHIER LIVING IS powerful medicine.



Developed by Stanford University and Kaiser Permanente, this free, six-session interactive workshop meets weekly to help those with ongoing health conditions learn how to take control of their health.

It's a prescription that works. In a recent survey, workshop participants reported feeling confident that the techniques they learned would help them achieve:

- More energy, less fatigue
- A more active lifestyle
- Better communication with physicians
- Better health
- More confidence in their ability to take care of their health

The workshop deals with the issues that face everyone living with an ongoing health condition. Each session lasts 2 ½ hours. We encourage you to bring a family member or support person to all sessions. You will learn ways to:

- Manage medications
- Deal with isolation and depression
- Eat well
- Control pain
- Meet your goals
- Fight fatigue and frustration
- Start an exercise program
- Manage stress and relax
- Solve problems
- Communicate better
- Use health care systems
- Evaluate new treatments

The workshop leaders are people just like you who have been specially trained to lead the group. They understand the challenges of living with ongoing health conditions, and they manage their own health using the skills you will learn. As a result, the group is both educational and supportive.

You will learn how to take small steps toward positive changes and healthier living, build confidence, and improve your ability to manage day-to-day life.