Look what **YOU** can take...

Patient Education Workshops

Available for **FREE**

SHASTA COMMUNITY HEALTH CENTER

To Sign-Up or For More Information:
(530) 229-5115 OR www.shastahealth.org/education

Sign-Up Using Your Mobile Device

Cancer: Thriving & Surviving

Get tips to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty, about making treatment decisions and helpful therapies, tips for talking with family, friends and health professionals during difficult moments and more!

Diabetes & Me

Find easier ways to manage your meals through balancing carbohydrates, proteins, fats, and portion sizes. Also, about how food, alcohol, exercise, stress and even sick days effect you and your diabetes - and much more. Meets monthly and features a Registered Dietitian.

Diabetes Self-Management

Learn tips to deal with the symptoms of diabetes, as well as learn tools to improve strength and endurance, eat healthy, use medications appropriately, among others.

Nutrition: Health Starts Here

A basic nutrition workshop for anyone looking for facts and skills to eat and live healthier.

Health Hero

This workshop we will help you organize your health information and learn new skills and tools to make the most of your healthcare visits. You will learn about how to communicate effectively and the power of positive thinking. We will also teach you how to feel more confident and improve access to your healthcare team and local resources.

Healthier Living

Learn to better manage health conditions and lessen its impact, reduce discomfort, set goals and problem solve to make positive changes and more.

Pain Self-Management

Learn the difference between acute vs. chronic pain, about the effects of untreated pain. Also learn about alternative pain management techniques like breathing and visualization.

Positive Self-Management - HIV/AIDS

Discover how to best combine your medication schedule into your daily life and learn skills to deal with problems, create an exercise plan, get the right nutrition, create advanced directives, evaluate symptoms, and connect with others.

Tobacco Recovery

Get in-depth information about all forms of tobacco use, problem solving skills and social support, information about Nicotine Replacement Therapy, plus information about tobacco related prescription drugs. Current tobacco users welcome.

Wellness Yoga & Body Balance

Two types of physical activity classes are offered to meet all ability & comfort levels. Different classes are available Mondays, Tuesdays, and Thursdays. Call for details and to see which class is the best fit for you and your needs.