

# PATIENT EDUCATION WORKSHOPS

*Free to Attend*

## TO SIGN-UP OR FOR MORE INFORMATION:

(530) 229-5115 OR [www.shastahealth.org/education](http://www.shastahealth.org/education)

### 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 your health care team during difficult moments and more!



### Plan Your Plate

Find easier ways to plan your meals through balancing carbohydrates, proteins, fats, and portion sizes. Features a simple food demonstration and healthy recipe examples. Meets monthly with a Registered Dietitian (RD).

### 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.

### Let's Talk Diabetes

This regular program features a Registered Dietitian (RD). Sessions are held the 2nd Friday of every other month and includes a more clinical discussion about how Diabetes works and how your food choices will affect your blood sugar.



### 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.



### Mindful Eating

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

### 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.

