

SHASTA COUNTY

Health and Human Services Agency

2650 Breslauer Way
Redding, CA 96001
(530) 229-8484
FAX (530) 229-8447

P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

Date: April 12, 2010
Contact: Megan Johnson, Community Education Specialist, 229-8431
Department: Public Health

Are You Ready for Healthier Living?

SHASTA COUNTY – People living with chronic health conditions such as diabetes, arthritis, heart disease, lung disease, chronic pain and others, are invited to attend a workshop series that will assist them in taking control of their health. Healthier Living is six-week workshop that helps participants learn ways to manage their chronic condition, communicate better with their doctor, family members and friends, lessen frustration, fight fatigue and pain and learn to relax and manage stress.

Workshop participants will learn how to develop an action plan to achieve personal health goals and learn problem-solving techniques to overcome barriers to achieving goals.

The Chronic Disease Self-Management Program (CDSMP), referred to in Shasta County as Healthier Living, is a Stanford University evidence-based program conducted in a supportive group atmosphere. The workshops are led by facilitators who also have a chronic condition or care for someone with a chronic condition.

The Healthier Living workshop will be held on Tuesdays starting April 20 – May 25 from 9:00-11:30 am at Shasta Senior Nutrition Program located at 100 Mercy Oaks Drive in Redding. To register for this FREE workshop or for more information please call 229-8431 or 229-8481.

#