

OUR PATHWAYS TO HEALTH

Do you have high blood pressure, diabetes, heart disease, arthritis or ANY chronic medical condition? Do you want to feel better? Do you care for someone who has a chronic medical condition? If you said “yes” to any of these questions, then ***Our Pathways to Health*** is for you.

The Community Health Alliance is presenting ***Our Pathways to Health***, a FREE chronic disease self-management workshop, at various locations around Humboldt County. Developed by Dr. Kate Lorig of The Stanford Patient Education Research Center, and branded locally as ***Our Pathways to Health***, these workshops are designed to help people gain self-confidence in their ability to control their symptoms and how their health problems affect their lives.

Our Pathways to Health is powerful medicine. It is a prescription that has been proven to work. In several studies, people who took the workshop experienced better health, more energy and confidence, less pain and fatigue, better communication with healthcare providers and loved ones, fewer doctor visits and hospital stays, fewer missed days of work, and a better quality of life.

The small, curriculum-based workshops are given in community settings for two and a half hours per week for six weeks. See the schedule below for upcoming workshops in your area. To learn more about ***Our Pathways to Health*** or to register for a FREE workshop, please contact:

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 Pathways Operations Coordinator
 Community Health Alliance
 (707) 445-2806 x 4

DATE & TIME	CITY	LOCATION
August 22nd – October 3rd Mondays, 12:00 – 2:30 p.m.	Eureka	Senior Center
August 25th – September 29th Thursday, 5:30 – 8:00 p.m.	Fortuna	Sequoia Springs
August 26th – September 30th Friday, 6:00 – 8:30 p.m.	Eureka	St. Joseph’s Hospital
September 10th – October 15th Saturdays, 10:30 a.m. – 2:00 p.m.	Garberville	Cedar Street Senior Apartments
September 15th – October 20th Thursday, 10:00 a.m. – 12:30 p.m.	McKinleyville	Timber Ridge
September 26th – October 31st Mondays, 6:00 – 8:30 p.m.	Loleta (In Spanish)	Loleta Family Resource Center
October 11th – November 15th Tuesdays, 10:00 – 12:30 p.m.	Rio Dell	Assembly of God Church
October 11th – November 15th Tuesdays, 2:00 – 4:30 p.m.	Blue Lake	Blue Lake Casino
October 12th – November 16th Wednesdays, 5:15 – 7:45 p.m.	Eureka	Telehealth
Additional workshops will be listed in the near future.		