

Our Pathways to Health

Diabetes and Chronic Pain Self-Management

FREE Workshops

If you, or someone you care for, has chronic pain or diabetes, you know that it can feel like it's taking over your life. The good news is that there are things you can do to feel better and take control of your health.

Topics Include

DIABETES Self-Management

- Understand what your blood sugar is telling you
- Manage stress and difficult emotions
- Working with your healthcare providers
- Setting weekly goals
- Make your diet work for you not against you
- Living a fuller, healthier life

CHRONIC PAIN Self-Management

- Understanding acute vs. chronic pain
- Active living techniques for people experiencing chronic pain
- Managing pain without medication
- Discussion of medications that treat chronic pain
- Working with providers and communication skills

Workshops meet for 2 1/2 hours, once a week for six weeks

Each workshop is facilitated by peer leaders trained by Stanford University

Diabetes Self-Management

Eureka

Mondays

June 4th– July 16th, 2018

10:00 am - 12:30pm

Humboldt IPA • 2662 Harris St
Eureka, CA 95503

Chronic Pain Self-Management

Fortuna

Fridays

June 8th– July 13th, 2018

1:00 - 3:30pm

Eel River Multigenerational Center •
2280 Newburg Rd
Fortuna, CA 95540

Call for more information at **707.267.9606** or look for
“Our Pathways to Health” to register online at
eventbrite.com

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Practice Association