

# Our Pathways to Health Workshop Schedule

These free workshops are designed for individuals who manage health conditions on a daily basis. In a peer-lead workshop environment, participants learn how to:

- Better manage their symptoms, medications, diet and exercise
- Partner with their providers
- Develop and achieve meaningful goals in a supportive and private group setting

The workshops are once a week for six weeks. Anyone living with a chronic health condition is encouraged to attend. Family members and caregivers are also welcome.

For more information or to enroll in one of our free workshops, please contact  
**Our Pathways to Health 707-267-9606**

DATE & TIME	CITY	LOCATION
Mar 18 <sup>th</sup> -Apr 22 <sup>nd</sup> , 2019 Chronic Pain Self Management Mondays, 1:00-3:30 pm	Bayside	Humboldt Unitarian Universalist 24 Fellowship Way
Mar 22 <sup>nd</sup> - Apr 26 <sup>th</sup> , 2019 Chronic Pain Self Management Fridays, 1:00-3:30pm	Fortuna	Eel River Multigenerational Ctr 2280 Newburg Rd
Mar 23 <sup>rd</sup> - Apr 27 <sup>th</sup> , 2019 Diabetes Self-Management Saturdays, 10:00-12:30pm	Eureka	Humboldt IPA 2662 Harris St