



**Yuma County Public Health Services District**

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**Feel better.**

**Be in control.**

**Do the things  
you want to do.**

**Want to help members of  
your community take  
control of their health?**

**Workshop Leaders needed!**

**Find out more about  
Healthy Living Workshops  
at the Institute:**

**[www.azlivingwellinstitute.org](http://www.azlivingwellinstitute.org)**

**Sunset Community Health Center**

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Created 7/2/14

Revised 08/14/15

**Put Life  
Back in  
Your Life**



**Arizona Living Well Institute**

*Advancing Evidence-Based Programs for Arizona Communities*

**Healthy Living:  
Self-Management of Chronic  
Conditions Workshop**

## Put Life Back Into Your Life. Consider a Healthy Living Workshop.

Are you an adult age 18 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Healthy Living Workshop can help you take charge of your life!

### Sign Up Now. Spaces Are Limited.

 Join a 2 ½-hour Healthy Living Workshop, held each week for six weeks.

 Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

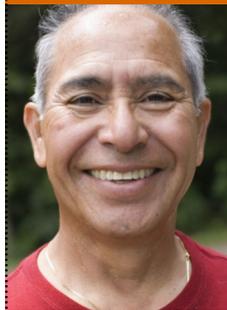
 The schedule of workshops in your area is located on the back of this brochure or visit the Institute's website for a class schedule.

*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*



### For more information please contact:

Regional Center for Border Health (928) 627-9222  
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WACOG Area Agency On Aging (928) 217-7158  
Yuma County Public Health Services (928) 317-4580 ext. 1663



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*