

# Stay Healthy While Staying Home!

## Chronic Pain Self-Management Program

If you or someone you love is dealing with ongoing pain, this workshop is for you. Workshop participants report less pain, more energy, and improved independence! This is an online workshop with 2-1/2 hours sessions, once per week, for 6 weeks. All you'll need is internet and a connected device to participate.

## Diabetes Self-Management Program

If you or someone you care for has diabetes, you know it can feel like it's taking over your life but there are things you can do to feel better and take control of your health! This online workshop has 2-1/2 hours sessions, once per week, for 6 weeks. All you'll need is internet and a connected device to participate.

## Healthier Living

Healthier Living teaches practical everyday skills like problem solving, nutritious eating and relaxation techniques that help those living with chronic conditions. This online workshop consists of 2-1/2 hours sessions, once per week, for 6 weeks. All you'll need is internet and a connected device to participate.

## Healthier Living Tool Kit

Don't have access to a computer or internet? This workshop is for you! Participants receive a mailed tool kit that walks them through information about better managing their health and participate in small group phone calls for 30 minutes, once per week, for 6 weeks. All you'll need to participate is a phone. If you have Diabetes or Chronic Pain you can participate in a tailored version of this workshop.



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## To learn more or register for one of these classes

**Call Partners Community Wellness at: 818-403-5452**

**Or email us at: [ebprograms@picf.org](mailto:ebprograms@picf.org)**

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Sponsored by Partners' Community Wellness Department in conjunction with these organizations:



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