

Healthier Living

Living well with diabetes or another chronic disease



We would like to invite you to Healthier Living—a program created by Stanford University.

The program gives support and teaches people how to live with different chronic health problems, such as diabetes, arthritis, cancer, heart disease, depression, and hypertension. Because St. Joseph's cares about your health, this program is free in this area.

During the program you will learn to:

- Take control of your health and be able to do more
- Be less tired and worried; sleep better and have less pain
- Talk with your doctors, friends and family about your health needs
- Set goals and solve problems so you can make the changes you want

Come join a Healthier Living program to get the support you need. The program is held once a week for 6 weeks and is led by someone who is living successfully with a chronic disease.

If you are interested in signing up for this program, please contact us @ (209) 944-8355.

Brought to you by



Dignity Health™
St. Joseph's Medical Center

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