



WORKSHOP SCHEDULE



Healthier Living with Chronic Conditions, Healthier Living with Diabetes *and* Healthier Living: Diabetes Empowerment Education Program (DEEP™)

The Healthier Living workshops:

- Meet once a week for six weeks. You will gain the most benefit by attending every session. However, if you miss the first session, you may start at session #2.
- Occasionally workshop schedules change. Please call before attending to confirm class dates/times.
- Give you tools and group support to develop healthy habits.
- Reduce complications of diabetes and other chronic conditions.

CURRENT WORKSHOPS (UPDATED MONTHLY) – **Clases en Español**

DATES	LOCATION	TOPIC	DAY	TIME	CONTACT	PHONE	ADDRESS
Jan 23 to Mar 6	Poway Adult School	Diabetes in English	Mon	1:00 – 3:00 pm	Poway Adult School	858.668.4024	13626 Twin Peaks Road Room 401 Poway 92064
Jan 24 to Feb 28	Murphy Canyon Apartments	Chronic Conditions in English	Tue	10:00 am – 12:30 pm	Christy Howland	619-524-0916 christy.howland@usmc-mccs.org	Chapel, Fellowship Hall 3200 Santa Road San Diego 92123
Jan 28 to Mar 4	Immanuel Chapel Church	Diabetes in English	Sat	10:00 am – 12:00 pm	Immanuel Chapel	619.630.7468	4168 Market Street San Diego 92102
Feb 3 to Mar 10	St. Paul's Plaza	Diabetes in English	Fri	1:00 – 3:00 pm	Plaza Receptionist	619.591.0600	1420 E. Palomar Street Chula Vista 91913
Feb 8 to Mar 22	Encinitas Community/Senior Center	Chronic Conditions in English	Wed	9:30 am – 12:00 pm	AIS	858-495-5500	1140 Oakcrest Park Drive Encinitas 92024

DATES	LOCATION	TOPIC	DAY	TIME	CONTACT	PHONE	ADDRESS
Feb 22 to Mar 29	American Diabetes Association	Diabetes in English	Wed	1:00 – 3:00 pm	Diana Velo	619.234.9897 x7519 dvelo@diabetes.org	5060 Shoreham Pl, #100 San Diego 92122
ON GOING DATES	SHARP Healthcare Clinics and open to public	Chronic Conditions In English/ Spanish	Ask	Check for times and days	SHARP website	Use website www.sharp.com /classes	FOR SHARP PATIENTS & * OPEN TO PUBLIC *
ON-GOING DATES	Military clinics and healthcare facilities	Diabetes or Chronic Conditions In English	Ask	Check for times and days	Joyce DiCicco	619-532-6528	FOR MILITARY & beneficiaries * OPEN TO PUBLIC *

ABOUT THE WORKSHOPS:

Evidence-based; proven results; Trained Peer Educator Leaders; Interactive sessions
Contribute your experience and wisdom to the process

**Referrals, Registration or Questions?
Want to bring a Workshop to YOUR group?**

Call 858-495-5500

Please leave a message; your call will be returned.

OR

Visit our website to learn more: www.HealthierLivingSD.org