

Heal with Humankindness

Chronic Disease Self-Management Program

As our community takes steps to slow the spread of COVID-19, our overall health should be a priority now more than ever. This evidence-based program will teach you ways to better manage your health condition in the safety of your own home.

In the program, you will work closely with a certified facilitator for 6 weeks for up to 40 minutes a week. All interactions are done over the phone. The facilitator's role is to support and empower you with tools to keep you healthy and happy. They will be there for you every step of the way during this difficult time.

During the program you will learn:



Positive Thinking



Healthy Eating



Dealing with Stress



Problem Solving



Dealing with Depression



Physical Activity



Communicating and Following your Doctors



Weekly Goal Setting

Participants will receive program materials including:

- Living a Healthy Life Workbook
- Relaxation CD
- Program Handouts
- Exercise Activities



Dignity Health
St. Rose Dominican

Call 702.616.4914 to register for this FREE program.