

Chronic Disease & Prevention Workshops **Beaumont**

New virtual format available!

Personal Action Toward Health (6 weeks)

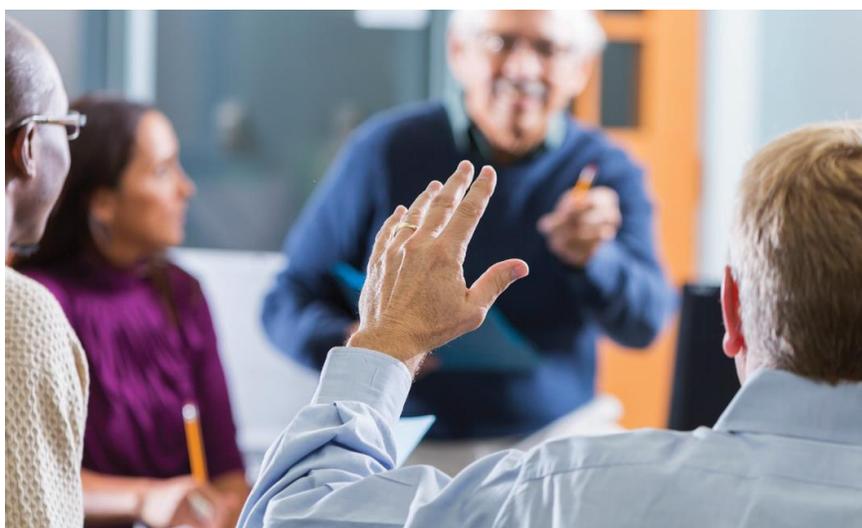
Designed to provide skills and tools to help people (and their support persons) living with a chronic condition such as Hypertension, Arthritis or Depression live a healthier life. Learn about problem-solving techniques, ways to communicate more effectively with your health care team, healthy eating, physical activity, relaxation and how to improve your overall health. This program consists of 6 weekly sessions led by certified instructors.

TWO VIRTUAL WORKSHOPS AVAILABLE

Participate from the safety and convenience of your own home!



DAY	DATES	TIME
Tuesdays	September 15: Informational session (strongly encouraged) Weekly sessions: September 22, 29, October 6, 13, 20, 27	6 - 8 p.m.
Wednesdays	November 4: Informational session (strongly encouraged) Weekly sessions: November 11, 18, 25, December 2, 9, 16	1 - 3 p.m.



To register, visit classes.beaumont.org or call 800-633-7377.
For more information about classes, email CommHlthPrograms@beaumont.org



The United States Surgeon General has recognized walking as one of the single most important things you can do for your health.

Walk With Ease

Walk With Ease is a 6-week, self-guided physical activity program that can help reduce pain and improve overall health by building participants up to 30 minutes of walking at least three days a week. If you can be on your feet for at least 10 minutes without increased pain, you can enjoy success with Walk With Ease. As a participant in this program, you will receive a guide book by mail along with weekly email communications. You'll also be connected to a coach who will 'walk' you through the program over the phone. Whether you're looking for relief from arthritis pain or just want to be active, this program is shown to help improve balance, strength and walking pace; build confidence in ability to be physically active; and improve limitations and symptoms. **Free!**

VIRTUAL INFORMATION SESSIONS AVAILABLE

DAY	DATE	TIME
Thursday	July 23	11 a.m. - noon
Wednesday	August 5	2 – 3 p.m.
Tuesday	August 18	1 – 2 p.m.
Wednesday	September 9	3 – 4 p.m.
Thursday	September 24	10 – 11 a.m.



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