

Our Pathways to Health Workshop Schedule

Our Pathways to Health is a **FREE**, six-week program that offers individuals living with long-term health conditions tools for managing symptoms and guidance for partnering with their providers.

Developed by Stanford University, these workshops are designed to help participants identify and achieve small health goals in an encouraging and private group setting.

Participants will learn how to:

- Better manage their symptoms, medications, diet and exercise
- Partner with their providers
- Develop and achieve meaningful goals in a supportive and private group setting

For more information or to enroll in one of our free workshops, please contact
Aligning Forces Humboldt (707)445-2806 x4

DATE & TIME	CITY	LOCATION
August 28th - October 2nd Thursdays, 5:30 - 8:00 p.m.	Crescent City	Del Norte Community Health Center