



# Healthy Living

## Workshop Series

Healthy Living is a FREE seven-week workshop series designed to help you eat better, live healthier and live longer. Through better nutrition and increased physical activity, you can prevent or delay many chronic diseases. Also, those who have chronic diseases can better manage their symptoms through applying what they learn from these helpful sessions.



### TOPICS COVERED INCLUDE:

- Setting goals
- Problem solving
- Participants will receive FREE incentive items
- Relaxation techniques
- Dealing with negative emotions



**For Information about Scheduled workshops visit: [diabeteshelpsa.com](http://diabeteshelpsa.com)**

### CONTACT TO REGISTER

☎ 210-207-8802

✉ [DIABETESPROGRAM@SANANTONIO.GOV](mailto:DIABETESPROGRAM@SANANTONIO.GOV)

For more information scan the QR code:

