

# Better Choices, Better Health

A workshop for  
people with long-  
term conditions



## FREE Patient Education Class

*Sponsored by the Stanford Health Care  
Health Education, Engagement, & Promotion Program*

A self-management workshop for those living with a chronic condition. Each session is led by facilitators who will introduce tools and techniques to help you manage your health, so you can enjoy life more.

In the workshop, participants learn how to:

- Eat healthy
- Manage stress
- Develop and maintain an exercise program
- Communicate with family, friends, and physicians

*Caregivers are also invited to participate.*

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- Dates:** Thursdays for 6 weeks in a row  
2/21, 2/28, 3/7, 3/14, 3/21, 3/28
- Time:** 6:00 pm – 8:30 pm
- Location:** Little House Activity Center  
800 Middle Ave, Menlo Park, CA 94025
- To register:** Call 650-485-9691  
email [bpik@stanfordhealthcare.org](mailto:bpik@stanfordhealthcare.org)  
or online at:  
<https://stanfordhealthcare.org/events/chronic-disease-self-management-workshop.html>



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