- ✓ ***Chronic Disease Self-Management Program (Living Healthy)*** ~ The Stanford Chronic Disease Self-Management Program helps participants learn self-management skills needed to help deal with the symptoms of their chronic condition. The emphasis of the curriculum is to: manage common problems such as fatigue, communicate effectively with physicians, family, deal with anger and depression, and design and maintain a healthy and exercise plan. They also learn disease related decision-making and problem-solving skills. The most important outcome of the program is that, through this practice and group feedback, people become more confident and able to combine move active lives with self-management of their chronic condition. This workshop is six (6), 2 ½ hour sessions (1 x week) for groups of 10-15 participants.

- ✓ ***Diabetes Self-Management Program (Living Healthy with Diabetes)*** ~ This Stanford program covers the above topics (same as the Living Healthy) but 50% content has been taken out and diabetes specific information inserted. In addition to learning how to fight fatigue, managing symptoms, and building self-confidence, participants will learn about healthy eating, how to plan meals, identifying low blood sugars, and proper foot care. This workshop is also 6 weeks, 1 x week, 2 ½ hour sessions for groups of 10-15 participants.

- ✓ ***Tomando Control de su Salud Program*** ~ This Stanford program is the Spanish version of the Chronic Disease Self-Management Program.

- ✓ ***Programa de Manejo Personal de la Diabetes*** ~ This Stanford program is the Spanish version of the Diabetes Self-Management Program.

- ✓ ***Chronic Pain Self-Management Program (Living Healthy with Chronic Pain)*** ~ This Stanford program covers the same topics as the Living Healthy program but 50% of content has been removed and chronic pain specific information inserted. There is also an exercise component with stretching and strengthening movements. Participants also learn about guided imagery, distraction techniques, depression and positive thinking, medication usage for pain, healthy eating and fatigue/sleep management. This workshop is also 6 weeks, 1 x week, 2 ½ hour sessions for groups 10-15 participants.

- ✓ ***Building Better Caregivers Program ~*** This Stanford program assists participants in learning about stress reduction for caregiver and care partner, self-care methods to improve health, managing difficult care partner behaviors, increase communication skills, information and resources, and planning for the future. This workshop is also 6 weeks, 1 x week, 2 ½ hour sessions for groups of 10-15 participants.

- ✓ ***A Matter of Balance*** ~ A Matter of Balance: Managing Concerns About Falls is a program created by Boston University and designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. This program is structured group intervention, which utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to learn fall prevention strategies. The activities include; group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions, and exercise training. This workshop consists of eight (8), 2-hour sessions for groups of 8-12 participants. 30 minutes of each session is falls prevention exercises.