

WHEELS OF CHANGE

MONTHLY EDUCATION SERIES ON LIFESTYLE MODIFICATIONS FOR COMMON HEALTH

TOPICS INCLUDE:

**NUTRITION • INTRO TO DIABETES •
ASSESSMENT AND TRANSITIONS OF
CARE • MOVEMENT AS MEDICINE •
DEPRESSION, ANXIETY, STRESS • PAIN
MANAGEMENT • ASTHMA, COPD,
SMOKING CESSATION • HYPERTENSION**



SESSIONS / SCHEDULE

2ND TUESDAY OF EVERY MONTH

MARCH-NOVEMBER | 12:00 TO 1:00 PM

**AT SANTIAM HOSPITAL IN
THE FRERES AUDITORIUM**

LIGHT SNACKS WILL BE PROVIDED

Please inquire about accommodations if you have barriers, such as a lack of childcare or transportation.



**Scan the Code to
Register today!**

bit.ly/49dCOW9

First 30 people to register will receive a **free gift** related to the monthly topic for each class.

 **Santiam Hospital & Clinics**
embrace HEALTH

Contact: CHW@santiamhospital.org