

## Are you ready for a change?

Or are you wondering what you could do that might help you become more ready?

## A Cultivating Health kit can help.



These self-help books focus on increasing your awareness about behaviors and the choices you make. The self-paced materials support your efforts to make lasting lifestyle changes.

### Weight Management

Are you tired of frustrating diet plans that don't work? Learn about ways to make healthier food and activity choices – and how to identify and overcome barriers that get in your way. Available in English and Spanish. \$15

### Managing Diabetes

While diabetes may affect almost every part of your life, it does not have to control it. There are many things you can do to get your blood sugar under control and manage this chronic disease. Learn about the roles of food, physical activity, medication, foot care, stress management, and more. \$15

### Freedom From Tobacco

Is it time to give up that old tobacco habit? Learn about the dependencies that keep you using, the triggers that tempt you, and the barriers that hold you back from making lasting changes. \$15



### Improving Your Sleep

A high number of Americans suffer from insomnia – the inability to either fall or stay asleep, or both. What's disturbing your sleep? Figure out the factors, then take steps to improve both the quality and quantity of your sleep. \$15

### Managing Stress

Everyone experiences stress, great and small. It can come from good experiences as well as bad. Whatever the size or source, uncontrolled stress can cause or contribute to many different types of physical and psychological disorders. Learn how to manage your stress and live well. \$15

You can purchase a kit from Health Engagement and Wellness Services.

Please see the next page to order.

Prices subject to change.

It's easy to register for a class or order a kit.



### By phone

Call us at 503-286-6816 or 1-866-301-3866 (toll free), Monday through Friday, and select option 1. Please have your health record number and credit or debit card available.

### Helpful information – Classes

- Support people are encouraged to attend many of our offerings at no cost. However, some classes require that all attendees be paid participants dealing with their own issues relevant to the subject matter. Please call for more information.
- Payment is due at the time of registration.
- One week's notice is needed to cancel registration, transfer to another class, or receive a refund. If you have already received class materials, their cost will be deducted from the refund.
- Health Engagement and Wellness Services may, on rare occasions, cancel a class. This may be due to low enrollment, bad weather, or other circumstances beyond our control. In this event, refunds or credits will be issued as appropriate.
- Different fee options are available for those who meet federal criteria for financial need. Please call for details.

