

New!

HOLY CROSS HEALTH VIRTUAL CLASSES

MOVING LIFE AHEAD: STAYING CONNECTED DURING COVID-19

We are transitioning some of our classes to virtual offerings to help you stay connected during COVID-19. These classes will be offered live via WebEx, and registrants will receive easy-to-follow instructions on how to participate. We hope that you will enjoy participating from the comfort of your home.

Following are the upcoming workshops:

LIVING WELL: A CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

A FREE online 6-week 2.5-hour workshop designed for people who are experiencing chronic pain due to injury, fibromyalgia, post stroke pain, neuropathic pain and other causes. Participants are provided with the tools needed to meet health-related goals and manage their chronic pain every day.

Dates: Mondays, May 4- June 22

Time: 9:30am-12pm

To register:

Note: Registration is required and the deadline is Friday May 1, 2020

Dates: Wednesdays, May 27-July 8

Time: 10am-12:30pm

To register: <https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/virtual-classes?>

Note: Registration is required and the deadline is Tuesday, May 26

LIVING WELL: A SELF-MANAGEMENT WORKSHOP

Anyone living with a long-term health condition is welcome to attend this **free** six-week online workshop to get tools to improve your overall health and well-being. Discover new ways to break the "symptom cycle" and make action plans for a healthier, happier you.

Dates: Tuesdays, May 26 – July 7

Time: 1:30 pm – 4:00 pm

To register: <https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/virtual-classes?>

Note: Registration is required and the deadline is Friday May 22.

LIVING WELL: A DIABETES SELF-MANAGEMENT WORKSHOP

Join this free six-week online workshop to improve your ability to manage your health while living with Type 2 or Pre-Diabetes. Caregivers and family members are also welcome to participate.

Dates: Thursdays, May 28 – July 9

Time: 10:00 am – 12:30 pm

To register: <https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/virtual-classes?>

Note: Registration is required and the deadline Wednesday May 27.



