



**CLASS NAME:**

**Living A Healthier Life Living with Chronic Conditions - LV Meadows**

**CLASS DAY AND TIME:**

**CLASS SEMESTER:** Monday, September 21, 2026

**INSTRUCTOR NAME:** Richard Davis

**INSTRUCTOR CONTACT INFORMATION:**

Angel Garcia Saavedra 702.616.4932 or angel.garciasaaveda@commonspirit.org

**Course Overview/Description: 3-5 sentences**

Discover ways to manage your chronic health condition to live your fullest, healthiest life.

**Course Materials:**

Each participant will receive a copy of "Living a Healthier Life with Chronic Conditions."

<b>Week</b>	<b>Topic</b>	<b>Notes</b>
Week 1 / Feb 2	The Mind - Body Connection	Action Planning
Week 2 / Feb 9	Healthy Eating	Relaxation Body Scan / NO CLASS Feb 16
Week 3 / Feb 23	Physical Activity	Exploring Exercise
Week 4 / March 2	Making Decisions	Making Decisions Exercise
Week 5 / March 9	Pacing and Planning	Problem Solving Exercise
March 16	Spring Break	NO CLASS
Week 6 / March 23	Managing Stress	Communication Skills
Week 7 / March 30	Positive Thinking	Guided Imagery Exercise
Week 8 / April 6	Medication Management	Evaluating Treatments
Week 9 / April 13	Working with Your Health Care Team	Looking Back and Planning for the Future

**\*content/order/classes/speakers subject to change if needed.**