



CLASS NAME:

Living A Healthier Life with Chronic Conditions

CLASS DAY AND TIME:

Wednesdays, 10:45am - 12:15pm

CLASS SEMESTER: Spring 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."

Week	Topic	Notes
Week 1 / Feb 4	Acute vs Chronic Health Conditions	Action Planning
Week 2 / Feb 11	The Mind - Body Connection	Relaxation Body Scan
Week 3 / Feb 18	Pacing and Planning	Problem Solving Exercise
Week 4 / Feb 25	Healthy Eating	The Plate Method
Week 5 / March 4	Physical Activity	Exploring Exercise
Week 6 / March 11	Making Decisions	Making Decisions Exercise / NO CLASS March 18
Week 7 / March 25	Managing Stress	Communication Skills
Week 8 / April 1	Positive Thinking	Guided Imagery Exercise
Week 9 / April 8	Medication Management	Evaluating Treatments
Week 10 / April 15	Working with Your Health Care Team	Looking Back and Planning for the Future

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