

Take care of yourself

so you can be there for your client and family!



Complimentary wellness classes for IHSS providers

We want you to lead happier and healthier lives! UDW is teaming up with our health provider and the California Independent Provider Training Center (CAIPTC) to provide new tools and resources for caregivers.

Join us at an upcoming class near you! Call 1-877-483-9937 for more information and to sign up.

HEALTHY EATING

Find out what a healthier diet can do for you, including lowering the risk of certain chronic conditions. You'll discuss the tricks to eating well and making healthy snack choices.

HEALTHY SLEEP

Sleeping well is vital to good health and well-being. Providers will learn strategies to get the best night's sleep.

STRESS REDUCTION

Uncontrolled stress can impact health. This course helps providers identify sources of stress and learn coping skills.

WEIGHT MANAGEMENT

You will discover how healthy lifestyle choices, exercise, and a positive attitude can help you lose weight and keep it off for good.

Date	Class	Location
Wednesday, May 20th, 10 – 11 am	Stress Reduction (English)	Anaheim Euclid Library, 1340 Euclid St., Anaheim, CA 92802
Thursday, May 21st, 10 – 11 am	Weight Management (Spanish)	Anaheim Euclid Library, 1340 Euclid St., Anaheim, CA 92802
Wednesday, May 27th, 10 – 11 am	Healthy Eating (English)	Anaheim Euclid Library, 1340 Euclid St., Anaheim, CA 92802
Thursday, May 28th, 10 – 11 am	Healthy Sleep (Spanish)	Anaheim Euclid Library, 1340 Euclid St., Anaheim, CA 92802
Wednesday, June 10th, 2 – 3 pm	Stress Reduction (Spanish)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Wednesday, June 17th, 2 – 3 pm	Weight Management (English)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Wednesday, June 24th, 2 – 3 pm	Healthy Eating (Spanish)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Thursday, July 9th, 10 – 11 am	Healthy Sleep (English)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Wednesday, July 15th, 10 – 11 am	Stress Reduction (English)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Thursday, July 30th, 10 – 11 am	Weight Management (Spanish)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Wednesday, August 12th, 10 – 11 am	Healthy Eating (English)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701
Thursday, August 20th, 10 – 11 am	Healthy Sleep (English)	UDW Office, 333 Civic Center Drive West, Santa Ana, CA 92701

