

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 1-866-417-7300 for more information and to sign up.

BACK CARE

Providers will learn how to protect and strengthen their backs, and practice posture, positioning, stretches, and gentle exercises — which can lead to better productivity and fewer workplace absences due to back pain.

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.

PHYSICAL ACTIVITY

Increasing physical activity is one of the most important things a person can do to improve overall well-being, as well as address some health conditions. Providers will learn fun and practical ways to increase physical activity.

QUITTING TOBACCO

Providers will begin their stop-smoking journey in a positive environment. You will learn about skills, activities, and resources for quitting, and how to avoid relapse.

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
Friday, May 8th, 11 am – 12 pm	Stress Reduction (English)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543
Friday, May 8th, 12 – 1 pm	Back Care (English)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543
Thursday, May 14th, 11 am – 12 pm	Stress Reduction (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Thursday, May 14th, 12 pm – 1 pm	Back Care (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Friday, May 15th, 11 am – 12 pm	Stress Reduction (English)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240

(Schedule continued on the back.)



Date	Class	Location
Friday, May 15th, 12 – 1 pm	Back Care (English)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240
Friday, June 5th, 11 am – 12 pm	Stress Reduction (Spanish)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543
Friday, June 5th, 12 – 1 pm	Back Care (Spanish)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543
Thursday, June 11th, 11 am – 12 pm	Healthy Eating (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Thursday, June 11th, 12 – 1 pm	Weight Management (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Friday, June 12th, 11 am – 12 pm	Stress Reduction (Spanish)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240
Friday, June 12th, 12 – 1 pm	Back Care (Spanish)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240
Friday, July 10th, 11 am – 12 pm	Healthy Eating (English)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240
Friday, July 10th, 12 – 1 pm	Weight Management (English)	UDW Desert Hot Springs Office, 66292 W. Pierson Blvd., Desert Hot Springs, CA 92240
Wednesday, July 15th, 11 am – 12 pm	Physical Activity (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Wednesday, July 15th, 12 – 1 pm	Quitting Tobacco (English)	UDW Riverside Office, 3600 Lime St., Ste. 421, Riverside, CA 92501
Friday, July 17th, 11 am – 12 pm	Healthy Eating (English)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543
Friday, July 17th, 12 – 1 pm	Weight Management (English)	Hemet Library Nook Room, 300 E. Latham Ave., Hemet, CA 92543