



## Programs and Resources for Community Benefit



### In-Person Workshops

**Audience:** Community Benefit Organizations, Grantees

#### **Evidence-Based Program (Multi-Session)**

#### **Healthier Living: Managing Ongoing Health Conditions/Tomando Control de su Salud**

Stanford University's 6-week workshop is for people with chronic conditions. Each 2½-hour session helps participants take action to improve their health.

#### **Evidence-Derived Programs (Single-Session)**

- Healthy Eating
- Healthy Lifestyles for Families
- Preventing Diabetes
- Stress Less
- Healthy Sleep

These 1-hour programs are designed to create awareness and build skills to help participants take small steps to change daily habits.



### Health Education Materials

**Audience:** Community Benefit Organizations, Grantees, Community Clinics

Health education materials in multiple languages are available. *Consultation and development of materials with community partners may also be available.*



### Special Requests

Center for Healthy Living professionals are available to support community benefit organization conferences or events, depending on the nature of the request. Technical assistance with program planning, design, and implementation of workshops or education material is also available.



### Trainings

**Audience:** Community Benefit Organizations, Grantees, Lay Leaders

#### **Healthier Living: Managing Ongoing Health Conditions/Tomando Control de su Salud**

Stanford University's 4-day leader training prepares participants to lead programs in their communities. Hands-on facilitation is a part of this training. Participants must be able to facilitate a workshop within 1 year. *Technical assistance or support for licensing may be available on a case-by-case basis.*

#### **Motivational Interviewing: Communication for Health Behavior Change**

This full-day interactive workshop covers the basics of motivational interviewing, an evidence-based approach that helps people address their own ambivalence about behavior change. Recommended for health care professionals who work directly with patients.

### Contacts

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