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| PeerSupport Wellness  Program Schedule |

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| **Session** | **Date** | **Session Topic** |
| 1 | Monday, 10/28/19 | Kickoff, Intro to Self-Management |
| 2 | Monday, 11/4/19 | Healthy Eating |
| 3 | Monday, 11/11/19 | Managing Negative emotions |
| 4 | Monday, 11/18/19 | Exercise and Sleep |
| 5 | Monday, 11/25/19 | Social Support |
| 6 | Monday, 12/2/19 | Medication Adherence |
| 7 | Monday, 12/9/19 | Dealing with Stress |
| 8 | Monday, 12/16/19 | Talking to your Doctor |
| 9 | Monday, 1/6/20 | Coping with Pain |
| 10 | Monday, 1/13/20 | Positive Emotions |
| 11 | \*To be rescheduled | Maintaining Healthy Habits |
| 12 | Monday, 1/27/20 | Planning for the Future/Party! |