

MBRLC/ Peer Education Resource Center  
Saturday Winter 2017  
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Whole Health Action Management (WHAM)

March 4, 2017

**Workshop 1**

Over view, 10 domains, Stress Management

March 11, 2017

**Workshop 2**

Healthy Eating, Physical Activity, and Restful sleep

Maintaining a Positive Attitude

March 18, 2017

**Workshop 3**

Cognitive Skills to Avoid Negative Thinking

Service to Other

Support Network

March.25, 2017

**Workshop 4**

Optimism Based on Positive Expectations

Cognitive skills to Avoid Negative Thinking

Spiritual Beliefs and Practices

Sense of Meaning and Purpose

April 1, 2017

**Workshop 5**

Health Risk and Screening and Shared Decision-Making

Review and Prioritization from pg. 46 &47 on page 48

April 8, 2017

**Workshop 6**

Review everyone's goals with IMPACT and exchange peer

Support contact information

April 15, 2017

**Workshop 7**

WHAM Report on your goals and Peer Support

April 22, 2017

**Workshop 8**

WHAM Report on your goals and Peer Support

April 29, 2017

**Workshop 9**

WHAM Report on your goals and Peer Support

May 6, 2017

**Workshop 10**

WHAM Report on your goals and Peer Support

Graduation