

# Living a Healthy Life Workshops

**Do You Have** a chronic health condition such as heart disease, diabetes, arthritis or lung disease?

Join a **FREE** workshop series to help you manage your symptoms and live well!

## Learn About

- Practical skills and tools to feel better
- Starting and maintaining exercise
- Healthy eating
- Managing medications
- Communicating with your health care providers
- Planning and problem solving

## Workshops Are

- 2.5 hours a week for 6 weeks
- Developed and tested by Stanford University
- Led by two trained leaders

## Attend a Workshop

- Receive the “Living a Healthy Life with Chronic Conditions” resource book
- Light snack provided
- Individuals, family members and care givers are welcome
- No referral needed! Just sign up!

## Next Workshop:

**Living a Healthy Life with** \_\_\_\_\_

Location:

Address:

Dates:

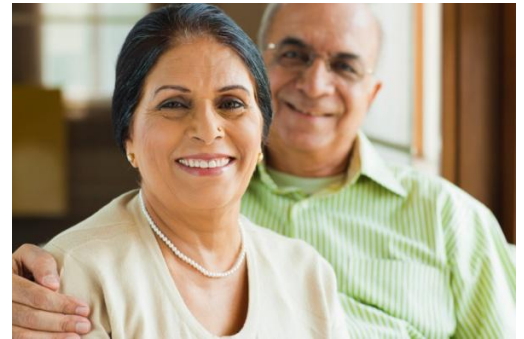
Times:

## To Register:

Please call 905-494-6752 ext 6/1-855-269-8401

Or email [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca)

Or Go online to [www.cwselfmanagement.ca](http://www.cwselfmanagement.ca)



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