



Living a Healthy Life Workshops

Do You Have an ongoing health condition such as heart disease, diabetes, chronic pain 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 Details

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

Workshops Offered in Brampton, Etobicoke/Rexdale, Dufferin-Caledon, Malton and Woodbridge

See the reverse side for upcoming workshops.

Don't see a workshop in your area. Call us to inquire.

To Register:

Call 905-863-2574 or 1-844-643-7393

Or Email cdsm@williamoslerhs.ca

Or Online www.cwselfmanagement.ca



Brought to you by the:



Funded By:

Ontario Ministry of Health and Long Term Care
Central West Local Health Integration Network

Hosted By:

William Osler Health System

Workshops Offered In:

Brampton, Rexdale, Malton, Dufferin County, Caledon and Woodbridge

Upcoming Living a Healthy Life Workshops Brampton/Etobicoke

Chronic Disease Self-Management Program

Central Brampton Family Health Team

Address: 60 Gillingham Drive, Brampton

Date: Wednesdays from September 20th – October 25th, 2017

Time: 2:00pm – 4:30pm

Chinguacousy Wellness Centre

Address: 995 Peter Robertson Blvd, Brampton

Date: Tuesdays from October 3rd – November 7th, 2017

Time: 10:00am – 12:30pm

Diabetes Self- Management Program

Brampton Soccer Centre

Address: 1495 Sandalwood Parkway East, Brampton

Date: Tuesdays from September 26th – October 31st, 2017

Time: 3:30pm – 6:00pm

Chronic Pain Self- Management Program

Caledon Centre for Recreation and Wellness

Address: 14111 Highway 50, Bolton

Dates: Mondays from October 16th – November 20th, 2017

Time: 9:00am – 11:30am

Chris Gibson Recreation Centre

Address: 125 McLaughlin Road North, Brampton

Dates: Wednesday from October 18th – November 22nd, 2017

Time: 12:30pm – 3:00pm

Workshops are Free and run for 2.5 hours once a week for 6 weeks

To Register Contact the Central West Self Management Program

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