



# 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](mailto:cdsm@williamoslerhs.ca)  
Or Online [www.cwselfmanagement.ca](http://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 Dufferin- Caledon

### Chronic Disease Self-Management Program

**Location:** Lord Dufferin Centre

**Address:** 32 First Street, Orangeville

**Day:** Friday's

**Dates:** September 15<sup>th</sup> – October 20<sup>th</sup>, 2017

**Time:** 10:00am – 12:30pm

### Chronic Pain Self-Management Program

**Location:** Caledon Centre for Recreation and Wellness

**Address:** 1114 Highway 50, Bolton

**Day:** Mondays

**Dates:** October 16<sup>th</sup> – November 20<sup>th</sup>, 2017

**Time:** 9:00am – 11:30am

### Diabetes Self-Management Program

**Location:** Orangeville Seniors Centre

**Address:** 26 Bythia Street, Orangeville

**Day:** Friday's

**Dates:** October 27<sup>th</sup> – December 1<sup>st</sup>, 2017

**Time:** 9:30am – 12:00pm

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

**To Register Contact the Central West Self Management Program**

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

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