

Living a Healthy Life Workshop

Do You Have an ongoing 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 Details

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

Next Workshop

Date: Wednesdays

September 20 to October 25, 2017

Time: 2:00-4:30 pm

Location: Central Brampton Family Health Team
60 Gillingham Drive, suite 200
Brampton, ON, L6X 0Z9

To Register:

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

or Email cdsm@williamoslerhs.ca



Brought to you by the:



Funded By:

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Hosted By:

William Osler Health System

Workshops Offered In:

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