

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: Fridays

September 15 to October 20, 2017

Time: 10:00 am -12:30 pm

Location: Lord Dufferin Centre – Activity Room

32 First Street, Orangeville , ON, L9W 2E1

To Register:

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

or Email cdsm@williamoslerhs.ca



Brought to you by the:



Funded By:

Ontario Ministry of Health and Long Term Care

Hosted By:

William Osler Health System

Workshops Offered In:

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