



“I have been to a lot of workshops and clinics but it’s different. Here we get to share and support each other.”

– Steve, workshop participant (gained support from others)

“It had been 12 years since I had been to a diabetic clinic. I was in denial until I got here. If I checked my blood sugar levels once a month that was a record, now I am very aware of what I do. Now when I want a cookie I think about how it will affect me and if I decide on a cookie I will adjust the balance of my day.”

– Shelly, workshop participant (learned to manage her diet)



“I used to try exercising and I hurt for days after. Now I understand that I have to do a little each day and build up to it. Now I am proud to say I am active everyday doing something.”

– John, workshop participant (lost 11lbs over the six weeks)

Put Life Back into Your Life



Central East LHIN Self-Management Program

**For more information call:
1-866-971-5545**


www.ceselfmanagement.ca

Free workshops to improve your health

**Living a Healthy Life Workshops
(Chronic Pain, Diabetes, Chronic Conditions)**

Central East LHIN Self-Management Program



Self-Management Program  Ontario

If you answer **yes** to any of these questions, our self-management workshops are for you!

- ▶ Are you feeling overwhelmed with your health?
- ▶ Are you newly diagnosed with a health condition, or have you been struggling for years with a condition?
- ▶ Do you want to connect with others who are living with similar challenges or who understand what you're going through?

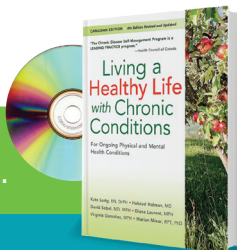


Benefits of attending a workshop:

Learn how to improve the quality of your life through participating in these interactive workshops that include:

- ✓ Ideas for physical activity and healthy eating
- ✓ Managing difficult emotions
- ✓ Communication with health care professionals and family
- ✓ Navigating the health care system
- ✓ Discovering strategies to help put their health back in their hands
- ✓ Developing a personalized plan to meet their weekly goals
- ✓ Exploring new skills and tools with others who share similar challenges
- ✓ Ongoing support and graduate refreshers

All participants receive a **FREE "Living a Healthy Life"** resource book and relaxation CD.



Living a Healthy Life Self-Management Workshops

- Free six-week workshops for adult patients and caregivers
- 2 ½ hours each week in groups of 10-16 participants
- Led by trained facilitators living with one or more chronic conditions
- Offered in the following languages: English, French, Cantonese, Mandarin, Tamil and American Sign Language
- Workshops available in Chronic Conditions, Chronic Pain and Diabetes
- Workshops are a Stanford Chronic Disease Self-Management Program