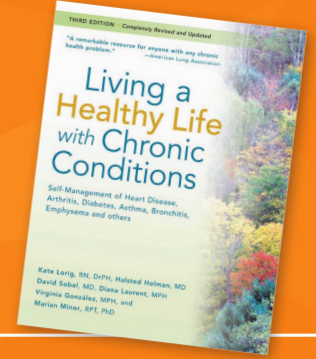


# FREE

SIX-WEEK WORKSHOP  
(2.5 hours per week for six weeks)



AS A PART OF THE PROGRAM, YOU MAY PURCHASE THE BOOK *LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS*

Price: \$20  
cash or cheque welcome

## LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

### SELF-MANAGEMENT TRAINING PROGRAM

Getting the most out of life with chronic conditions means better managing your health, your emotions and your daily activities. The “Living a Healthy Life” workshop is for adults of all ages.

THERE ARE SIX SESSIONS EACH WITH A DIRECT FOCUS.

- 1**
- DIFFERENCES BETWEEN ACUTE AND CHRONIC CONDITIONS
  - USING YOUR MIND TO MANAGE SYMPTOMS
  - MAKING ACTION PLANS

- 2**
- DEALING WITH DIFFICULT EMOTIONS
  - INTRODUCTION TO PHYSICAL ACTIVITY

- 3**
- BETTER BREATHING TECHNIQUES
  - MUSCLE RELAXATION
  - PAIN AND FATIGUE MANAGEMENT

- 4**
- HEALTHY EATING
  - FUTURE PLANS FOR HEALTH CARE
  - COMMUNICATION AND PROBLEM-SOLVING SKILLS

- 5**
- MEDICATION USAGE
  - MAKING TREATMENT DECISIONS
  - DEPRESSION MANAGEMENT
  - POSITIVE THINKING
  - GUIDED IMAGERY

- 6**
- WORKING WITH YOUR HEALTHCARE PROFESSIONAL AND THE HEALTHCARE SYSTEM
  - LOOKING BACK AND PLANNING FOR THE FUTURE



**SOUTHLAKE**  
REGIONAL HEALTH CENTRE

## FREE WORKSHOP

For more information or to register for a group closest to you, call (905) 895-4521 ext. 6656

SUPPORT PERSONS AND FAMILY MEMBERS WELCOME!

[www.southlakeregional.org](http://www.southlakeregional.org)