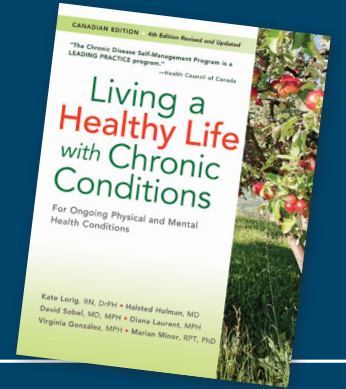


FREE

SIX-WEEK WORKSHOP

(2.5 hours per week for six weeks)



AS A PART OF THE PROGRAM YOU WILL BE PROVIDED A COPY OF THE BOOK *LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS*

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

SELF MANAGEMENT PROGRAM

A healthy living series for adults of all ages who have Cancer, Diabetes, Heart Disease, Arthritis, Chronic Lung Disease, Asthma, Fibromyalgia and other long term illnesses.

THERE ARE SIX SESSIONS EACH WITH A DIRECT FOCUS.

1

- MANAGING SYMPTOMS WITH YOUR MIND
- ACTION PLANS

2

- DEALING WITH EMOTIONS
- PHYSICAL ACTIVITY

3

- BREATHING TECHNIQUES
- PAIN MANAGEMENT
- MUSCLE RELAXATION

4

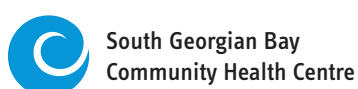
- HEALTHY EATING
- COMMUNICATION
- PROBLEM-SOLVING

5

- MEDICATION USAGE
- TREATMENT DECISIONS
- DEPRESSION MANAGEMENT

6

- WORKING WITH YOUR HEALTHCARE PROFESSIONAL
- PLANNING FOR THE FUTURE



For more information or to register for a group closest to you, call (705) 422-0900 ext 108 or email dsm@sgbchc.ca

SUPPORT PERSONS AND FAMILY MEMBERS WELCOME!

www.nsmselfmanagement.ca