

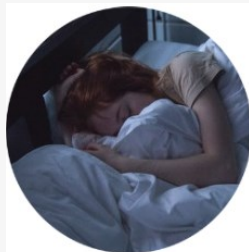
# Central Self-Management Program

## Healthy Living Now Webinars

Healthy Living Now Webinars are interactive one-hour sessions for those who are looking for support participants to better manage their health. The webinars are designed to be practical, enjoyable, non-judgmental and accessible to a wide range of participants. The group will be sharing experiences and learning together.

### Getting a Good Night's Sleep

Thursday June 18 | 1-2pm

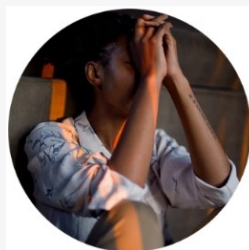


#### Topics Covered:

- What is Sleep
- Benefits of Sleep
- Tips for Getting a Good Sleep
- Problem Solving
- Making a Plan

### Managing Stress

Thursday June 25 | 1pm-2pm



#### Topics Covered:

- What is Stress?
- What Can I Do About Stress?
- Benefits of Exercise
- Choosing My Thoughts
- Relaxation Techniques

**Pre-registration is required, for more information visit our website:  
[www.healthy-living-now.ca](http://www.healthy-living-now.ca)**

**Call: Sally Kirby 289-231-0926**



# Central Region

## Self-Management Program

### FREE ONLINE WORKSHOPS



**CHRONIC PAIN  
SELF-MANAGEMENT  
WORKSHOPS**

Weekly GoToMeeting  
Thursday's  
July 9, 16, 23, 30, August 6, 13  
1pm-2:30pm



**HEALTHY LIVING  
WITH  
DIABETES**

Weekly GoToWebinar  
Wednesday's  
July 22, 29 August 5 and 12  
1pm-2:30pm



**Powerful Tools  
FOR Caregivers**

Weekly GoToMeeting  
Tuesday's  
August 11, 18, 25, September 1, 8, 15  
10am- 11:30am

Pre-registration is *required*, for more information visit our website:  
[www.healthy-living-now.ca](http://www.healthy-living-now.ca)

Call: Sally Kirby 289-231-0926 [skirby@southlakeregional.org](mailto:skirby@southlakeregional.org)