

Central Self-Management Program

Healthy Living Now Webinars

Healthy Living Now Webinars are interactive one-hour sessions for those who are looking for support to better manage their health. The webinars are designed to be practical, enjoyable, and informative. The group will be sharing experiences and learning together in a supportive atmosphere.

Getting the Most Out of Your Healthcare Appointment

Wednesday January 13th 1-2pm



Topics Covered:

- Preparing for an appointment
- The appointment
- After the visit
- Virtual Care

Managing Stress

Wednesday January 27th 1pm-2pm

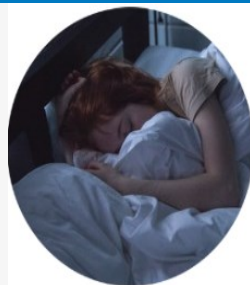


Topics Covered:

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

Getting a Good Night's Sleep

Wednesday February 10th 1pm-2pm



Topics Covered:

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

Eating for Energy

Wednesday February 24th 1pm-2pm



Topics Covered:

- Healthy Snack Ideas
- Quick Healthy Meals
- Label Reading

Pre-Registration is required, for more information visit our website
www.healthy-living-now.ca

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