

# Central Self-Management Program

## FREE ONLINE WORKSHOPS

**Healthy Living Now with Diabetes** Thursday's Jan. 14-February 2 10am-11:30am

**HEALTHY  
LIVING  
WITH  
DIABETES**



**Healthy Living with Diabetes** is a 4-week online self-management workshop. The workshop is open to individuals, caregivers and family members of those with type 2 diabetes.

**Living a Healthy Life with Chronic Conditions** Thursday's Jan. 21-Feb. 25 1 7pm-8:30pm

**FREE SELF-  
MANAGEMENT  
WORKSHOPS**



The **Living a Healthy Life with Chronic Conditions** workshop teaches skills needed to help you manage the day to day challenges of living with a chronic health condition.

**Powerful Tools for Caregivers** Wednesday's Feb. 3-March 10 1pm-2:30pm



The **Powerful Tools for Caregivers** workshop teaches skills to help you manage the day-to-day challenges of caregiving; providing you with tools, to increase your self-care and confidence, helping you handle difficult situations, emotions and decisions.

**Living a Healthy Life with Chronic Pain** Tuesday's Feb. 23-March 30 1pm-2:30pm

**CHRONIC PAIN  
SELF-MANAGEMENT  
WORKSHOPS**

WOULD YOU LIKE TO FEEL BETTER AND  
DO MORE OF THE ACTIVITIES YOU ENJOY?

[www.healthy-living-now.ca](http://www.healthy-living-now.ca)



The **Chronic Pain Self-Management** online workshop is a two and a half hour workshop held once a week, for six consecutive weeks. The workshops are led by two trained peer leaders who themselves have chronic pain or care for someone with chronic pain.

**Pre-Registration is required, for more information visit our website**

[www.healthy-living-now.ca](http://www.healthy-living-now.ca)

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