

# FREE SELF-MANAGEMENT WORKSHOPS

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

The “Healthy Living Now Workshop” teaches skills needed to help you manage the day to day challenges of living with a chronic health condition. The goal is to help you get the most out of life by learning effective strategies to break the “Cycle of Symptoms” such as fatigue, pain, depression, poor sleep, stress and anxiety.

The workshop runs for 6 consecutive weeks for 2.5 hours and is led by trained leaders who themselves have a chronic disease.

The workshops are free and run in communities throughout the region. Caregivers support persons and family members are welcome.

## SUBJECTS COVERED INCLUDE:

- Making an action plan
- Healthy eating
- Dealing with difficult emotions
- Communication skills
- Stress management
- Depression and positive thinking
- Getting better sleep
- Managing chronic pain and fatigue
- Problem solving
- Fitness and exercise

THE WORKSHOPS HAVE BEEN DEVELOPED BY STANFORD UNIVERSITY AND HAVE BEEN PROVEN

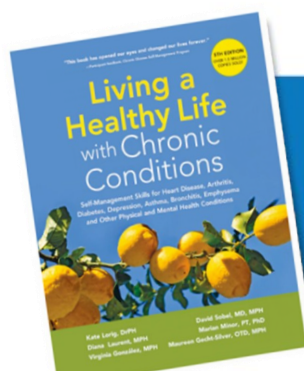


Weekly Online ZOOM Meetings  
Wednesdays  
April 24, May 1, 8, 15, 22, 29, 2024

**For more information or to register:**

**Please contact: Cindy Sabolic  
at: [csabolic@vaughanchc.com](mailto:csabolic@vaughanchc.com)**

**\*Registration and Virtual Consent Form to be completed before the start of the program .**



AS PART OF  
THE WORKSHOP  
YOU WILL RECEIVE  
A FREE BOOK