

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

THE WORKSHOPS HAVE BEEN DEVELOPED BY STANFORD UNIVERSITY AND HAVE BEEN PROVEN TO SIGNIFICANTLY HELP PEOPLE LIVING WITH A CHRONIC DISEASE.



MATTHEWS HOUSE HOSPICE

131 Wellington St. E., Alliston

Weekly in Person Workshops

Wednesdays

September 19th to October 24th, 2024

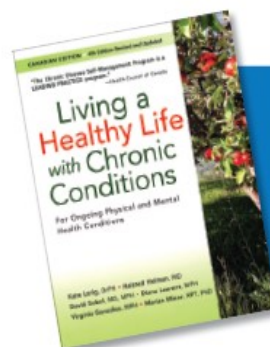
1:30pm-3:00pm

For more information or to register:

Contact: Megan Rochford at 705-434-7175

or at: mrochford@matthews.house,

or online at www.healthy-living-now.ca



AS PART OF
THE WORKSHOP
YOU WILL RECEIVE
A FREE BOOK