

FREE LIVING HEALTHY WITH CHRONIC CONDITIONS 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 hours and is led by trained leaders who themselves have or take care of someone who has 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.



WEEKLY ZOOM MEETINGS:

**TUESDAYS
JULY 8, 15, 22, 29,
AUGUST 5 & 12, 2025**

10:00AM –12:00PM



**AS PART OF THE
WORKSHOP YOU
WILL RECEIVE
A FREE BOOK**

For More Information or to Register:

Sally Kirby at skirby@southlake.ca,

Or at 905-895-4521 ext.6489

Or, www.healthy-living-now.ca