

# 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.

### An Introduction to Managing Chronic Pain

Wednesday, May 6<sup>th</sup>, 2026: 12pm - 1pm



#### Topics Covered:

- ◆ Introducing Self-Management Tools for Chronic Pain
- ◆ Using your Mind to Manage Symptoms
- ◆ Pacing Activity & Rest
- ◆ Keeping a Pain Diary

### Managing Stress and Building Resiliency

Wednesday, May 27<sup>th</sup>, 2026: 12pm - 1pm



#### Topics Covered:

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

### Getting A Good Nights Sleep

Wednesday, June 10<sup>th</sup>, 2026: 12pm - 1pm



#### Topics Covered:

- ◆ What is Sleep?
- ◆ Benefits of Sleep
- ◆ Tips for Getting A Good Sleep
- ◆ Problem Solving

### Healthy Eating to Reduce Inflammation

Wednesday, June 24<sup>th</sup>, 2026: 12pm - 1pm



#### Topics Covered:

- ◆ What Foods May Cause Inflammation?
- ◆ What to Eat to Reduce Inflammation?
- ◆ Self-Management Tools to Reduce Inflammation.

### Mindful Eating

Wednesday, July 8<sup>th</sup>, 2026: 12pm - 1pm



#### Topics Covered:

- ◆ What is Mindfulness
- ◆ The Importance of Breath
- ◆ Being Aware of your Hunger and Satiety Cues
- ◆ Taking Your Time

Pre-Registration is required, to register visit our website at: [www.healthy-living-now.ca](http://www.healthy-living-now.ca),

Or contact Sally Kirby at: [skirby@southlake.ca](mailto:skirby@southlake.ca), or at 289-231-0926