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.

LIVING HEALTHY WITH CHRONIC DISEASE:

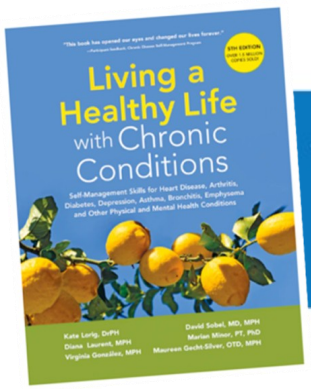
Being run by the: Cardiovascular Prevention & Rehabilitation - Southlake Regional Health Centre

FREE In Person Workshops at:
Magna Centre
800 Mulock Drive, Newmarket, Ontario L3Y 9C1

Wednesdays
January 13th to February 17th, 2027
10:00am to 12:30pm

To Register:
www.healthy-living-now.ca

For More Information:
skirby@southlake.ca
Sally Kirby at 289-231-0926



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK