

Do you have health issues that are affecting the way you live?

# Living Well

Self-Management Program  
of Southeastern Ontario



## You can learn how to:

- Deal with the emotional, physical, and social aspects of living with a chronic condition.
- Manage symptoms, medications and treat side-effects.
- Improve communication with health care team members.
- Lead a healthy lifestyle, manage stress, make action plans and set goals.

## Living Well With Chronic Disease

FREE 6-week workshop

### Gain information and skills to better manage your chronic condition and live healthier.

This free, six-week workshop helps people to actively achieve their best health and wellness while managing one or more ongoing conditions like arthritis, heart disease, diabetes, stroke, kidney disease, depression, lung disease, and others.

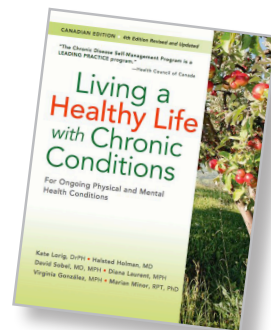
**Napanee Area Community Health Centre**  
26 Dundas Street West, Napanee

**Thursdays,**  
**September 14 to October 19, 2017**

**1:30 pm to 4:00 pm**

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions*.

**REGISTER TODAY** as spaces are limited! You can register at the Napanee and Area Community Health Centre's front desk or by calling 613-354-8937. For questions, please call Jennifer at 613-888-6183.



Napanee Area Community  
Health Centre  
A part of Kingston Community Health Centres (KCHC)



Kingston Community  
Health Centres

Centres de santé  
communautaire de Kingston

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