

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

Living Well
South East

Self-Management Program  Ontario

Living Well With Chronic Disease

FREE 6-week workshop



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.

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.

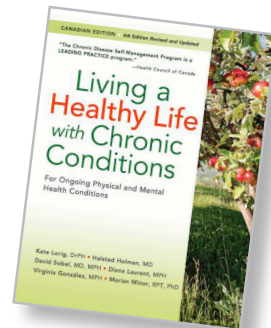
Napanee Area Community Health Centre
26 Dundas Street West, Napanee

Wednesday afternoons,
January 17 to February 21, 2018

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)

The Living Well workshops are coordinated by the Self-Management Program of Southeastern Ontario which is supported by the Kingston Community Health Centres, and made possible through funding from the South East LHIN.



Kingston Community Health Centres
Centres de santé communautaire de Kingston