

Improving Health: *My Way*

Chronic Disease Self-Management Program

Be a Participant

At the workshop you will:

- Learn how to live better with your chronic condition
- Learn how to deal with challenges related to your chronic condition including fatigue, pain, and frustration
- Learn better ways to communicate with your doctor, family, and friends
- Discover exercises to help improve strength, flexibility, and energy
- Become an informed partner in your health care decisions

FREE WORKSHOPS

2½ HOURS A WEEK FOR 6 WEEKS

Available to adults with any chronic condition.
You are welcome to bring along a friend or family member.

Next workshop:

Qalipu First Nation-Community Room

Majestic Premises-1 Church Street, Corner Brook

July 13th-August 17th (Wednesdays)

1pm-3:30pm

FREE

Please call Victoria to register (709) 637-5000 ext 6689 or
email: selfmanagement@westernhealth.nl.ca

To find out more about this program please contact:

NL HealthLine 811 or 1-888-709-2929

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Your local self-management coordinator:

Eastern Health: 1-709-752-3946 or 1-866-880-8998

Central Health: 1-709-256-5690

Labrador-Grenfell Health: 1-709-454-3333 ext 7364

Western Health: 1-709-637-5000 ext 6689

www.gov.nl.ca/health
ImprovingHealth@gov.nl.ca

Newfoundland
Labrador