

Improving Health: My Way

A self-management program for people living with chronic conditions.



Qalipu
FIRST NATION

Are you looking to improve your health?

Qalipu First Nation has partnered with Western Health to provide you with the opportunity to improve your health and join in cultural sharing, smudging, talking circles, and more!

Program Details:

Improving Health: My Way is a fun and interactive program that teaches easy-to-use skills to help improve your overall health and wellbeing. This **FREE** program has helped many people to better manage their own wellness and live healthier lives. It can help you too!

Join a group session with two trained leaders for 2½ hours a week for six weeks. The goal of the workshop is to help you take control of your health. Anyone with a health concern or condition is welcome, and you may bring a family member or friend.

Location:

Qalipu First Nation Community Room

Majestic Premises, 1 Church Street Corner Brook

February 6th – March 12th, 2018

7:00pm-9:30pm (Tuesday evenings)

Everyone is welcome!

***Registration required**

To register please call (709)-637-5000 ext. 6689 or
email susanmadore@westernhealth.nl.ca



Improving Health: My Way

A self-management program for people living with chronic conditions.

Would you like to know how to better manage your own health? Do you have a chronic condition? Self-management for people with chronic conditions can help you learn to be healthier.

What is a self-management program?

A six session workshop for people living with chronic conditions.

The program can help you:

- Manage fatigue or tiredness
- Learn how to eat healthier
- Deal with frustration, depression, pain or isolation
- Start to become more active and/or maintain an exercise program
- Develop problem solving skills
- Communicate with family / friends / health care providers
- Get more out of life!

Workshop features:

- The workshop is offered free of charge.
- The workshop is taught by two trained leaders, one or both of whom have a chronic condition.
- Registration is required as each workshop size is limited.
- The workshop complements other programs such as diabetes education or cardiac rehab.
- This workshop offers a variety of skills so people can choose the ones they want to use.

Who can take part?

Anyone with a chronic health condition is welcome, and feel free to bring a family member or friend. The program has been helpful for people with the following conditions (as well as others):

- | | | | |
|----------------------------|-----------------------|-----------------------|--------------------------|
| • Asthma | • Chronic Pain | • Heart Disease | • Multiple Sclerosis |
| • Arthritis | • Syndrome | • High Blood Pressure | • Neurological Disorders |
| • Cancer | • Crohn's and Colitis | • High Cholesterol | • Obesity |
| • COPD | • Diabetes | • Lung Disease | • Parkinsons |
| • Congestive Heart Failure | • Depression | • Lupus | • Stroke |
| • Chronic Fatigue | • Emphysema | | • Thyroid Disorder |
| | • Fibromyalgia | | |

Session Content:

Session 1:

- The Mind-Body Connection & Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

Session 2:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity & Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

Session 3:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Activities
- Relaxation: Body Scan
- Action Plans

Session 4:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Session 5:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Dealing with Depression
- Positive Thinking
- Action Plans

Session 6:

- Feedback
- Working with Your Health Care Professional & Health Care System
- Weight Management
- Planning for the Future



**Newfoundland
Labrador**

Contact Information NL Health Line 1-888-709-2929
or **Contact 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 1-709-897-3130 • Western Health 1-709-637-5000 ext 6689

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