

The *Improving Health: My Way Program* will be offered in *Norris Point* again in the New Year (starting January 11, 2016)!

REGISTER TODAY!

Improving Health: *My Way*

Chronic Disease Self-Management Program for Newfoundland and Labrador

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.

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 builds on 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.

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!

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

Newfoundland
Labrador

The workshop is offered **free of charge** and **registration is required**.

Anyone with a chronic health condition is welcome and feel free to bring a family member or friend!

When: January 11 to February 15, 2016 (Mondays)

Location: Bonne Bay Health Centre, Norris Point

Time: 1:30 to 4:00 PM

For more information or to register, contact your local self-management coordinator at 1-709-637-5000, ext. 6689. You will also find attached form that you can complete and send in to the self-management coordinator if you wish to register. Also, feel free to contact me about the Program or to register.