

# **Better Choices, Better Health®: Online Program**

The Online Chronic Disease Self-Management Program “Better Choices, Better Health®” is a **FREE**, highly interactive, six-week online workshop designed to help people with chronic health conditions overcome daily challenges and take control of their health. This program can help participants living with chronic conditions manage their illness by developing a plan to deal with the challenges of an ongoing health concern or disability.

## **How does the program work?**

The program takes place entirely online and offers easy-to-follow content that is consistent with that of the in-person workshops. Each workshop runs six weeks with new sessions posted each week. Participants log on at their own convenience two or three times a week for a total of about two hours per week. Ontario residents experiencing chronic conditions with all levels of computer skills can participate from anywhere that they can access a computer and internet.

Participants can choose to remain anonymous and everything takes place on a secure, dedicated website. Groups of up to 25 individuals participate together and each workshop is led by two trained peer facilitators. Sessions are highly interactive through internal messaging and online discussion boards and offer group support that can help build confidence to better manage your health.

## **Who can participate?**

- Residents of Ontario experiencing chronic health conditions (such as diabetes, arthritis, kidney disease, chronic pain, depression, respiratory disease or any other chronic condition)
- Caregivers, friends, and family members of someone with a chronic health condition

## **What are the benefits of participating in a workshop?**

Participants will experience many benefits of participating, including learning how to:

- Get started with healthy eating and exercise
- Manage symptoms and difficult emotions
- Communicate effectively with friends, loved ones, and health care professionals
- Develop tools, strategies and confidence to better manage own health
- Make your daily activities easier
- Set goals, problem-solve, and take action to maintain active and fulfilling lives

## **Register now!**

For more information and to register online visit [www.ontarioselfmanagement.ca](http://www.ontarioselfmanagement.ca)



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Self-Management Program