



## A Personal Approach to Improved Quality of Life

*"Before attending the program I was bewildered and confused about my diabetic condition. I am now getting the care I need and understand how to self-manage my diabetes to the best of my ability."*

*~ Geraldton Participant*

## Register now!

Visit [www.healthychange.ca](http://www.healthychange.ca) or call 1-800-626-5406 for details about a workshop near you.

### Communities currently offering the workshop:

- Dryden
- Fort Frances
- Fort Hope
- Geraldton
- Kenora
- Nipigon
- Schreiber
- Terrace Bay
- Red Lake
- Sioux Lookout
- Thunder Bay
- Vermillion Bay

\* Also offered via videoconferencing where available.

If you would like this program in your community or to become trained as a leader please call for more information.



961 Alloy Dr, Thunder Bay, ON P7B 5Z8  
Phone: (807) 345-7339 • Toll-Free: 1-800-626-5406

### Supported By:



## FREE 6-Week Workshops Register today!

For adults of all ages with diabetes, arthritis, stroke, depression, fibromyalgia and other long-term conditions. Caregivers welcome.



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## Empowerment, Education, Confidence, Sharing, Support.

Gain confidence in managing your disease. Learn effective tips and strategies that will help you improve your quality of life.

*Healthy Change* is the Chronic Disease Self-Management workshop. It is a licensed program from Stanford University which has been well researched with proven results.

*Healthy Change* is for adults of all ages with long-term conditions such as diabetes, arthritis, stroke, hypertension, lung disease, depression or fibromyalgia. Caregivers welcome.



# FREE 6-Week Chronic Conditions Self-Management Workshop

## What is Healthy Change?

- The workshop is free for adults and their caregivers
- Participants meet once a week for a 2.5 hour class over a 6-week period
- Two trained leaders facilitate workshops of 8-16 participants.
- Workshops take place in community settings such as senior centres, churches, libraries and health care facilities or via videoconferencing
- The program is offered throughout the year in Northwestern Ontario communities
- Each participant receives a free copy of the "Living a Healthy Life with Chronic Conditions" Wellness Guide
- Pre-registration is required. Sign up online at [www.healthychange.ca](http://www.healthychange.ca) or call 1 800-626-5406/ (807) 345-7339 today! It's free and easy!

## Healthy Change Workshop Topics Include:

- Coping techniques for pain & fatigue
- Developing action plans & problem solving skills
- Exercise and nutrition
- Coping with difficult emotions
- Managing Medications
- Making informed treatment decisions
- Working with your health care team

