

FREE 6 - Week Chronic Conditions Self-Management Workshops

Are you living with a condition such as diabetes, arthritis, stroke, hypertension, lung disease, cancer, depression or fibromyalgia? Learn how to improve your quality of life with workshops in Thunder Bay and throughout Northwestern Ontario! Call today to find a workshop in your community. Caregivers welcome.

Small groups meet weekly for 6 sessions.

Learn effective tips and strategies in:

- *Exercise & healthy eating*
- *Pain & fatigue management*
- *Establishing action plans & problem solving*
- *Medications and treatment decisions*

THUNDER BAY WORKSHOPS: Currently open for registration

Thunder Bay Regional Health Sciences Centre, Cardiac Rehabilitation Centre
County Fair Plaza, 1020 Dawson Road
Thursdays, May 19, 2011 - June 23, 2011
5:30 - 8:00pm

Diabetes Health Thunder Bay
Lower Level Conference Room,
St. Josephs Heritage, 63 Carrie Street
Thursdays, May 19, 2011 – June 23, 2011
1:30 - 4:00pm

North West CCAC
Boulevard Room, 961 Alloy Drive
Mondays, May 30th – July 4th, 2011
1:30 - 4:00pm

Fort William Family Health Team
*Available only to registered patients
Meeting Room
117 S. McKellar Street
Mondays, May 30th – July 4th, 2011
6:00 - 8:30pm

**Pre-registration required. Call (807)345-7339 or
Toll-Free 1-800-626-5406 or online at www.healthychange.ca**



North West
CCAC CASC
Community Care Access Centre
Centre d'accès aux soins communautaires
du Nord-Ouest

connecting you to care



ST. JOSEPH'S CARE GROUP

Supported By:



Ontario
North West Local Health Integration Network
Réseau local d'intégration des services de santé du Nord-Ouest



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 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
Fax: (807) 345-8868

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.



www.healthychange.ca

1-800-626-5406 • 1-807-345-7339

Empowerment, Education, Confidence, Sharing, Support.

Find out how to have the confidence to manage all aspects of your life – including emotions and daily activities. Learn effective tips and strategies that will help you improve your quality of life.

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

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



FREE 6-Week Chronic Conditions Self-Management Workshops

How Does the Healthy Change Program Work?

- Every workshop is free for adults of all ages and their caregivers
- Participants meet for 2.5 hour classes, once a week for six sessions
- Two trained leaders facilitate workshops of 10-12 participants.
- Workshops take place in community settings such as senior centres, churches, libraries and healthcare 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 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
- Establishing action plans & problem solving
- Exercise and nutrition
- Difficult emotions like frustration and depression
- Medications
- Making treatment decisions
- Working with your health care team

