



Central East Self-Management Training Program

A **free** six-week program on Self-Management for People with Chronic Diseases

## Learn About:

- Setting up exercise and healthy eating plans
- Ways to break the symptom cycle
- Developing goals and problem-solving skills
- Managing your medication and communication with your doctor

**Dates:** January 20, 27, Feb 3, 10, 17 & 24  
(Wednesdays)

**Time:** 9:30 a.m. – 12:00 noon

**Location:** **St. Paul's L'Amoreaux Centre** – Seminar Room C  
**3333 Finch Avenue East**  
(Southwest corner of Finch and Warden)

Older adults, seniors with long-term health problems, and caregivers are welcome to attend.

Participants will receive a free copy of the book ***Living a Healthy Life with Chronic Conditions*** at the completion of the program.

Pre- registration is required on or before January 15, 2016.  
To register, please call **(416) 493 - 3333 extension 305**.

# “Living a Healthy Life with Chronic Conditions”

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Making an action plan	•	•	•	•	•	•
Using your mind to manage symptoms	•		•		•	•
Feedback/problem-solving		•	•	•	•	•
Difficult Emotions		•				
Fitness/exercise		•	•			
Better breathing			•			
Pain			•			
Fatigue			•			
Nutrition				•		
Future plans for health care				•		
Communication				•		
Medications					•	
Making treatment decisions					•	
Depression					•	
Working with your health care professional						•
Working with the health care system						•
Future plans						•

**For more information about this program:**

**E-mail:** [elsa@splc.ca](mailto:elsa@splc.ca)

**Phone:** (416) 493 -3333 ext. 227