



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:** Wednesdays, Apr 4, 11, 18, 25, May 2 & 9  
(Wednesdays)

**Time:** 1:30 p.m. – 4:00 pm

**Location:** **SPLC** – Seminar Room C  
**3333 Finch Avenue East**  
(Southwest corner of Warden and Finch)

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***.

Pre- registration is required on or before March 29, 2018.  
To register, please call **(416) 493 - 3333**.



# "Living a Healthy Life with Chronic Conditions"

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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						•

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