



Central East Self-Management Training Program

A free six-week program on Self-Management for People with Chronic Diseases (Cantonese)

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

Time: 9:30 a.m. – 12:00 noon

Location: SPLC – 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*.

Pre-registration is required on or before March 29, 2018.

To register, please call (416) 493 – 3333.



Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self management and chronic health condition	●					
Using your mind to manage symptoms	●		●		●	●
Getting a good night's sleep	●					
Making an action plan	●	●	●	●	●	●
Feedback and problem solving		●	●	●	●	●
Dealing with difficult emotions		●				
Physical activity and		●	●			
Preventing falls		●				
Making decisions			●			
Pain and fatigue management			●			
Better breathing				●		
Healthy eating				●	●	
Communication skills				●		
Medication usage					●	
Making informed treatment decision					●	
Dealing with depression					●	
Working with your health care professional and system						●
Weight management						●
Future plans						●



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