



Central East Self-Management Training Program

免費六星期

慢性病自我管理課程 (廣東話)

課程是由美國史丹福大學 (Stanford University) 設計和研究。現正在世界各地推廣。

課程內容:

- 制訂運動及健康飲食計劃
- 打破慢性病病徵循環的方法
- 制定目標和解決問題技巧
- 藥物使用及與醫生溝通

日期: 5月17、24、31, 6月7、14、21 (逢星期三)

時間: 上午 9:30 – 中午 12:00

地點: SPLC - Seminar Room C (餐廳內的會議室)
3333 Finch Ave East
Finch 夾 Warden 西南角

歡迎長期健康有問題的長者及照顧長者人士參加。

完成整個課程的參加者將會免費獲得“實踐健康生活-慢性病自我管理手冊” (*Living a Healthy Life with Chronic Conditions*) 一本。

參加者請於 5月12日前報名。

報名及查詢請致電 (416) 493 -3333.

Workshop Overview		課程概覽				
	Week 1 第一周	Week 2 第二周	Week 3 第三周	Week 4 第四周	Week 5 第五周	Week 6 第六周
Overview of self management and chronic health condition 慢性病自我管理課程概覽	●					
Using your mind to manage symptoms 運用思想管理癥狀	●		●		●	●
Getting a good night's sleep 保證良好睡眠	●					
Making an action plan 制定行動計劃	●	●	●	●	●	●
Feedback and problem solving 與解決問題		●	●	●	●	●
Dealing with difficult emotions 對困難情緒		●				
Physical activity and exercise 鍛煉與運動		●	●			
Preventing falls 預防跌倒		●				
Making decisions 做出決定			●			
Pain and fatigue management 疼痛與疲勞管理			●			
Better breathing 更好的呼吸				●		
Healthy eating 健康飲食				●	●	
Communication skills 溝通技巧				●		
Medication usage 正確用藥					●	
Making informed treatment decision 基於資訊做出正確醫療決定					●	
Dealing with depression 應對抑郁					●	
Working with your health care professional and system 如何同醫務人員以及醫療體系溝通						●
Weight management 體重管理						●
Future plans 未來計劃						●



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: May 17, 24, 31, June 7, 14 and 21 (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 May 12, 2017.

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						●