



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, Oct 4, 11, 18, 25, Nov 1 & 8
(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 September 29, 2017.
To register, please call **(416) 493 - 3333.**

“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:
Phone: (416) 493 -3333**