



**South West
Self Management
Program**

Improving your health, together.

LIVING A HEALTHY LIFE

c/o South West Community Care
Access Centre (CCAC)
1147 Dundas Street
Woodstock, ON N4S 8W3



SouthWesthealthline.ca



**FREE
6-WEEK
WORKSHOP**



LIVING A HEALTHY LIFE

Do you have an ongoing health condition such as diabetes, arthritis, lung, kidney, heart disease or any other conditions?

Do you struggle with making changes to improve your health?



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Living with an Ongoing Health Condition

Having an ongoing (chronic) health condition impacts daily life and can be frustrating.

This program helps people who:

- Live with an ongoing condition like diabetes, arthritis, lung disease or any other condition
- Experience issues such as chronic pain, fatigue, depression, anxiety or stress
- Feel “stuck” or that change is difficult

You will be able to practice making small, achievable goals and learn from others who are also facing challenges.

Workshops take place in:

- London-Middlesex
- Elgin
- Oxford-Norfolk
- Huron-Perth
- Grey-Bruce

“My new way of thinking, my new way of organizing and doing certain tasks every day has been helpful and makes me feel good again. I am no longer fearful or worried. I will carry out what I have learned and know what to do when I get lost.”

– B.C. (participant)

“I accomplished more by planning to get things done and setting a goal. Talking to other people who have experienced anxiety and other health problems has helped as well.”

– S.D. (participant)

Program Information

- Two trained leaders guide the workshop
- Each workshop is 2 ½ hours a week for 6 weeks in small groups
- You will receive a free copy of the book “Living a Healthy Life with Chronic Conditions”
- Individuals, family members and caregivers are welcome

Learn How to:

- Talk with your health care team/family and friends
- Make healthier food choices
- Become more active
- Manage your stress and emotions

To register for a workshop please contact us at:

519-421-5691 or 1-855-463-5692

info@swwselfmanagement.ca

www.swwselfmanagement.ca