



LIVING A HEALTHY LIFE

Self-Management

The Living a Healthy Life with Chronic Conditions program is a licensed program from Stanford University that has been carefully developed and evaluated. This program follows a standardized format that provides information and teaches practical skills to manage ongoing (chronic) health conditions. Most importantly, it gives people the confidence and motivation they need to manage the challenges of living with an ongoing condition.

The workshop encourages participants to use self-management skills and tailor them to their own needs and lifestyle. In addition to learning about healthy living, participants develop skills in areas such as goal-setting, problem-solving and communications.

Small group workshops (6-15 participants) are led by 2 leaders who have received specialized training to deliver the Living a Healthy Life with Chronic Conditions workshop series. These leaders are volunteers and/or health care professionals, many of whom have ongoing conditions themselves.

The Program is funded by the South West LHIN and the Ministry of Health and Long-Term Care and is delivered through the South West Community Care Access Centre (CCAC).

Share this information with:

Any adult who is interested in learning about how to better manage an ongoing (chronic) condition including but not limited to arthritis, asthma/COPD, chronic pain, diabetes, high blood pressure, heart disease, mental health issues, obesity, Parkinson's and stroke. Caregivers are welcome to attend the workshop to learn self-management skills themselves and how they can support others.

Participants will need to be able to set goals and be comfortable in a group setting.

Free for the Patient/Client to attend

The six-week workshop is free to participants, and they will receive a free Living a Healthy Life with Chronic Conditions reference book that accompanies the workshop.

Patients/clients can register by contacting us at:

If you are interested in learning more about this FREE workshop or would like to hold a workshop within your organization, please contact us at:

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

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