

# Living Well With Chronic Conditions

For people with chronic health conditions to overcome daily challenges & better manage their health.

The Chronic Conditions Self-Management Program is a highly interactive, 6-week online workshop led by two trained online leaders who live with chronic conditions themselves, or who care for someone that does.

Workshops take place once a week for 2.5 hours per week.



This workshop is open to adults with any type of long-term health condition, their friends and loved ones.

The program is broadly accessible, allowing individuals with any level of computer skills to participate from any computer with an Internet connection, even a dial-up connection.

**January 10 to February 14, 2024**

**10:00 am to 12:30 pm EST**

**ONLINE VIA ZOOM**

## Workshop Details:

- Small groups
- New, easy to follow weekly lessons
- Follow from the comfort of your home
- Confidential and anonymous
- Participants set their own goals and make a step-by-step action plan to help them feel better and start doing the things they want to do again

## REGISTER ONLINE TODAY

Register for Living Well community workshops at [livingwellseontario.ca](http://livingwellseontario.ca) - **Spaces are limited!**

Please contact us with any questions at [selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca)