

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 leaders who live with chronic conditions themselves, or who care for someone that does. Workshops take place for 2.5 hours per week for 6 weeks.



This workshop is in-person at the Belleville and Quinte West Community Health Centre at 69 Catherine St in Trenton, Ontario

November 7 to December 12, 2024

1:30 to 4:00 pm EST

Workshop Details:

- Small groups
- Easy to follow weekly lessons
- Confidential
- 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 - **Spaces are limited!**

Please contact us with any questions at selfmanagement@kchc.ca