

Do you have health issues that are affecting the way you live?



Self-Management Program  Ontario



## Living Well With Chronic Conditions

FREE 6-week workshop

### Online via Zoom meeting

**Gain information and skills to better manage your chronic condition and live healthier.**

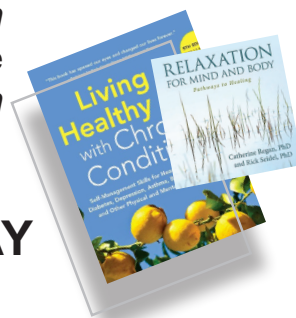
This free, 6-week workshop helps people to actively achieve their best health and wellness while managing one or more ongoing conditions like arthritis, heart disease, diabetes, stroke, kidney disease, depression, lung disease, and others.

**Thursday afternoons,  
October 26 to November 30, 2023  
1:30 to 4:00pm EST**

### You can learn how to:

- Deal with the emotional, physical, and social aspects of living with a chronic condition.
- Manage symptoms, medications and treat side-effects.
- Improve communication with health care team members.
- Lead a healthy lifestyle, manage stress, make action plans and set goals.

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions* and of the meditation audio file *Relaxation for Mind and Body*.



**REGISTER ONLINE TODAY**  
as spaces are limited!

[www.livingwellseontario.ca](http://www.livingwellseontario.ca)

Please contact us with any issues or questions at [selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca) or 613-542-2949 x1179



Kingston Community Health Centres

Centres de santé communautaire de Kingston

Belleville and Quinte West Community Health Centre

*The Living Well workshops are coordinated by the Self-Management Program of Southeastern Ontario which is housed at the Kingston Community Health Centres and is made possible through funding from the Ministry of Health and Long-Term Care.*