



Master Your Health

Take Charge. Live Well.

Living a Healthy Life with Chronic Conditions

Take Part in this FREE & FUN 6-week Group Program

All participants receive a free reference book

General Chronic Disease

- Increase self-confidence
- Positive thinking, guided imagery & relaxation techniques
- Healthy eating & exercising
- Communication with your healthcare team
- Action planning, problem solving & achieving personal goals

Chronic Pain – Learn About:

- Exercises for maintaining & improving strength, flexibility and endurance
- Techniques to deal with stress, depression, fatigue etc.
- Pain medications & treatments

Diabetes – Learn About:

- Managing hyper/hypoglycemia
- Emotional challenges; depression, anger, fear & frustration
- Appropriate exercises for maintaining and improving strength & endurance
- Appropriate use of medications

UPCOMING SPRING WORKSHOPS

MASTER YOUR HEALTH—GENERAL

Wednesdays, March 1—April 5, 2017

9:30am—11:30am

Essex County NP-Led Clinic

(in Gino & Liz Marcus Community Complex)
1168 Drouillard Road, Windsor ON

MASTER YOUR HEALTH—CHRONIC PAIN

Wednesdays, March 22nd—April 26, 2017

9:30am—12:00pm

WEHC—Leamington Site

33 Princess Street, Leamington ON

MASTER YOUR HEALTH—GENERAL

Thursdays, May 4—June 8, 2017

1:00pm—3:30pm

Life After Fifty—East

(inside the WFCU Centre)
8787 McHugh Street, Windsor ON

MASTER YOUR HEALTH—GENERAL

Mondays March 6—April 17, 2017

9:30am—12:00pm

Life After Fifty—West

635 McEwan Ave, Windsor ON

MASTER YOUR HEALTH—CHRONIC PAIN

Tuesdays, April 25—May 30, 2017

1:00pm—3:30pm

AMICA at Windsor

4909 Riverside Drive East , Windsor ON

MASTER YOUR HEALTH—DIABETES

Wednesdays, May 17—June 21, 2017

1:30pm—4:00pm

Cardinal Place Retirement Living

3140 Peter Street, Windsor ON

MASTER YOUR HEALTH—GENERAL

Wednesdays, June 7—July 12, 2017

5:30pm—8:00pm

Chartwell Royal Marquis Retirement Residence

590 Grand Marais Road E, Windsor ON

Leamington
Class

Windsor
West

Evening
Class

Evening
Class

CONTACT US TO REGISTER FOR ANY OF THE ABOVE WORKSHOPS AT:

myh@wehc.org or 1-855-259-3605