



CONTACT US



1-844-301-6389



Available for all
residents of Ontario



www.selfmanagementontario.ca



A new workshop is available monthly.
Please visit our website or call us for the
next workshop date!

Funding provided in partnership by the
Champlain Local Health Integration
Network and Bruyère Continuing Care



Online Chronic Disease
Self-Management Program

Self Management Program



Supporting You
To Take
Control of
YOUR
Health

Better Choices, Better Health © Workshop

FREE Online workshops giving
you the tools to live a healthy life



Peer Support



Manage Symptoms



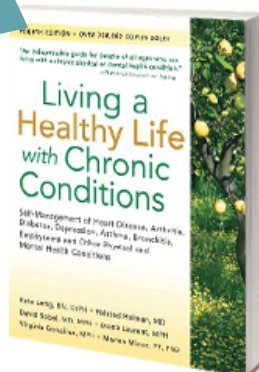
Make Daily Tasks Easier



Take action and live a
healthy life!



FREE
workbook
included!





BETTER CHOICES, BETTER HEALTH © WORKSHOP

- FREE six-week workshops for adult patients and caregivers
- Highly interactive
- Online in groups of 20-25 participants
- Login in at your convenience each week
- Accessible to those with all levels of computer experience
- Led by trained facilitators
- Offered in the following languages: English, French



BENEFITS OF PARTICIPATING:

Learn how to improve the quality of your life through this workshop which include:

- Physical activity and healthy eating
- Managing difficult emotions
- A personalized plan to meet weekly goals
- Developing strategies to put your health back in your hands



IF YOU ANSWER YES TO ANY OF THE FOLLOWING, OUR WORKSHOP IS FOR YOU!

- Are you feeling overwhelmed with your health?
- Are you newly diagnosed with a health condition, or have you been struggling for years with a condition?
- Do you want to connect with others who are living with similar challenges?