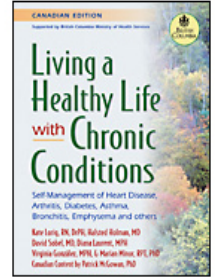


Living a Healthy Life with Chronic Conditions

A Six Week Self-Management Series for People with Chronic Conditions

Who: Do you have an on-going health concern such as asthma, diabetes, heart disease, arthritis, depression, COPD, or chronic pain?

What: This six-week series will help you connect with other people with similar conditions and learn how to manage the day-to-day challenges of living with your chronic condition.



Resource Book Provided

Topics covered will include:

- Coping with pain and fatigue
- Managing difficult emotions
- Eating well and getting active to feel better
- Solving problems more effectively
- Managing your symptoms and side-effects
- Developing positive partnerships with health care professionals

Where: Somerset West Community Health Centre – 3rd floor
55 Eccles Street, Ottawa ON

When: Wednesdays October 5 – November 9, 2011
9:30am-noon

To register or for more information contact
Krystal Taylor at 613-238-8210 ext 2248
Or visit www.livinghealthyhamplain.ca



This self-management program is also for individuals caring for or supporting people with chronic health conditions.

There is no cost for this program.