

CHRONIC DISEASE

WORKSHOPS FOR PEOPLE LIVING WITH CHRONIC DISEASE


Master Your Health
Take Charge. Live Well.



learn to take control of your health

- * Classes are highly participative
- * Offered at NO COST
- * Bring a friend or family member!!
All are welcome to attend!!

- Build confidence
- Create personal action plans
- Deal with the everyday challenges of living with chronic disease

UPCOMING WORKSHOP:

Life After Fifty—East

8787 McHugh Street, Windsor ON
WFCU Ctr, Community Ctr Entrance, 1st Floor
Thursdays (6 week workshop)
May 4—June 8, 2017
1:00pm—3:30pm

TO REGISTER CONTACT :

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



Supported by: The Chronic Disease Self Management Initiative

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex
weCHC
Supporting the Vulnerable

 Ontario