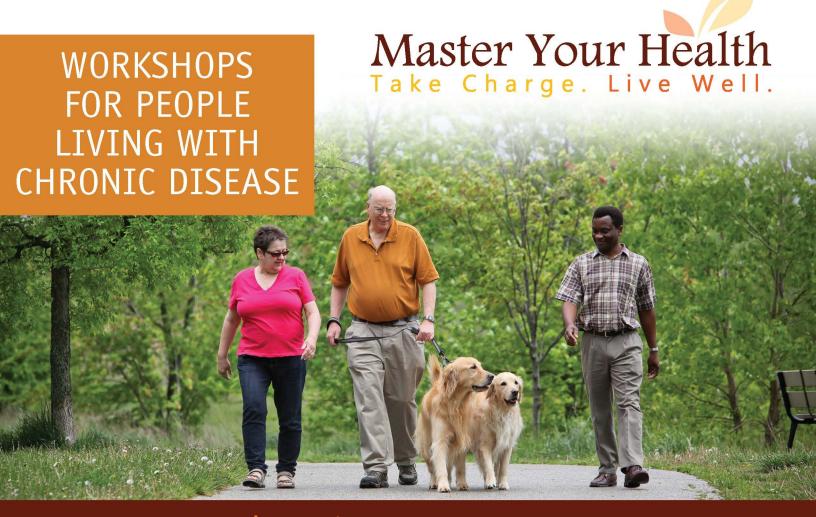
## CHRONIC DISEASE



## 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



