



Free Health Management Workshops!

Take Charge! Chronic Disease: A 6-week workshop to help you manage your chronic health condition. This is also a great workshop for those who are at risk.

Take Charge! Chronic Pain: A 6-week workshop to help you manage your pain.

Diabetes Healthy Feet & You: A 2.5 hour workshop for to learn more about taking care of your feet if you have diabetes.

Craving Change: A 4-week workshop to help you to improve your relationship with food and learn why you eat the way you do.

Getting the Most from Your Healthcare Appointment: In this 1-hr workshop, you will learn about what to do before, during, and after an appointment to get the most from your time with your health care provider.

Better Sleep: A 5-week workshop to help you get better and more restful sleep.

Dial it Down - Relaxation and Stress Management: A 5-week workshop where you will learn skills to release tension in the body, calm, and focus the mind.

...and many more!

To learn more and to register, check out our website: www.wwselfmanagement.ca

Contact us today with any questions!

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