



## Chronic Disease Self-Management

**Do you or a family member have a chronic condition like diabetes, arthritis, stroke, cancer or fibromyalgia? There is a workshop for you!**

### **FREE Weekly Workshop!**

Learn coping strategies to help improve your quality of life. Small groups meet for 2.5 hours once a week for 6 sessions.

Strategies involve:

- 6 weekly 2.5 hour classes
- The management of pain and fatigue
- Healthy eating and exercise
- Action plans and problem solving
- Managing difficult emotions
- Working with your health care team
- Making informed treatment decisions

Workshop offered in cooperation with the Fort Frances Family Health Team

Other ways to register: Call 1-866-907-5446 extension 2005, or visit [healthychange.ca](http://healthychange.ca)

## Workshop Details

### **Location:**

**Canadian Mental Health Association – Fort Frances Branch**

**612 Portage Ave, Fort Frances, Ontario**

**Parking available in rear lot off of 2<sup>nd</sup> Street**

### **Workshop Dates:**

**May 22 - June 26, 2018 | 2:00 PM - 4:30 PM**

### **Registration:**

To register, please call Fort Frances Family Health Team at (807) 274-7741 ext 1

