

Your Way to Wellness



Do you have an ongoing health condition?

For example, arthritis, diabetes, COPD, depression, fibromyalgia, chronic pain, asthma or high blood pressure?

Join us for Your Way to Wellness!

This **free** workshop helps adults with chronic (ongoing) health conditions overcome daily challenges, take action and live a healthy life!

Groups meet weekly (2 ½ hours) for six weeks and are led by trained volunteers (most of whom have chronic conditions themselves!).

Participants learn how to:

- Set goals and problem solve
- Improve communication with health care providers, family and friends
- Eat healthier & become more active
- Manage symptoms
- Make daily tasks easier
- Improve self-confidence
- Manage fear, anger and frustration

Questions?

To register contact Stephanie
473-7709 or yw2w@cdha.nshealth.ca

Upcoming Sessions

January

Halifax

Spring Garden Road Library
Thursdays,
January 24 – February 8
11:00a.m. - 1:30p.m.

Dartmouth

Alderney Gate Library
Thursdays,
January 24 – February 8
6:00p.m. - 8:30p.m.

February

Dartmouth

East Dartmouth Community Centre
Mondays,
February 11 – March 18
1:30a.m. - 4:00p.m.

Halifax

Canada Games Centre,
Clayton Park
Tuesdays,
February 12 – March 19
6:15p.m. - 8:45p.m.

Hatchet Lake

Prospect Road Community Centre
Wednesdays,
February 20 – March 27
10:00a.m. - 12:30p.m.

Pre-registration is required.