

# Want to Take Charge of Your Health in 2022?

## *Become a Self-Manager!*



Start the New Year off right and register for the ***Help Yourself to Health*** Workshop!

**This six-week workshop is a Chronic Disease Self-Management Program and is FREE to adults 60 and older.**

In light of COVID-19, this will be offered *virtually (Zoom)!*

Participants will learn tips and strategies to take charge of their chronic conditions such as heart disease, arthritis and lung disease. Topics include dealing with fatigue, working with health providers, physical activity, addressing poor sleep, problem solving and becoming more involved in everyday activities.

### **Workshop Details:**

This program will be held on Thursdays via Zoom. All participants will be mailed a Self-Management Tool Kit at no cost.

**Dates: January 20<sup>th</sup>, 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> 2022**

**Time: 10:00am to 12:30pm**

### **To register, contact:**

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Promotion Nurse Supervisor**

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