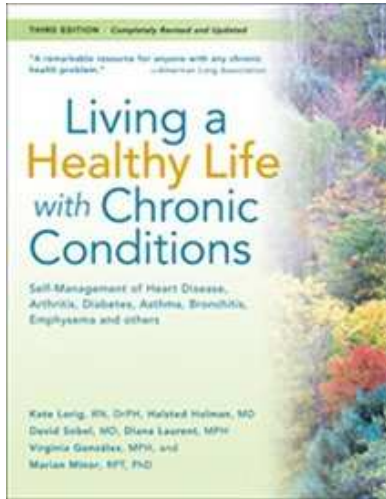


How much does the program cost?

It is FREE! People who take part receive a workbook entitled "Living a Healthy Life with Chronic Conditions" at no charge.



How long is the program?

People who take part will attend six, weekly group sessions that last two hours each. The sessions may be on a weekday, during the evening or on the weekend.

Where will it be offered?

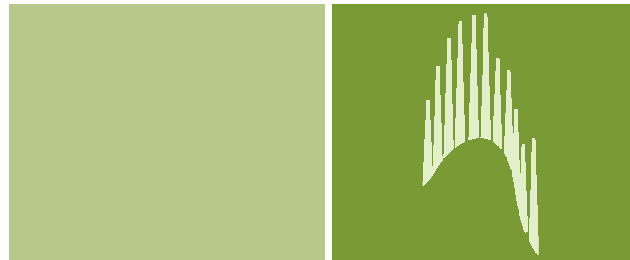
Programs will be held in many communities in the Labrador-Grenfell Health region. Call to find out about a session near you.

How do I get more information?

If you would like to sign up for the next program in your community, or talk to someone about the program, please call or e-mail:

- **Catherine Pilgrim**
catherine.pilgrim@lghealth.ca
454-3333 Ext. 7364
- **Sondra Spearing**
sondra.spearing@lghealth.ca
897-3130

www.lghealth.ca



Labrador-Grenfell
Health

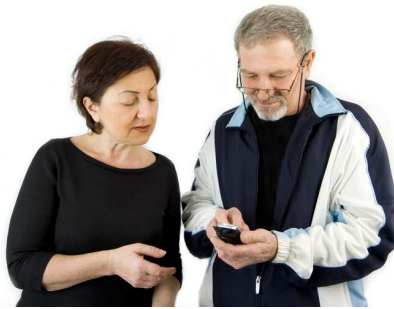
Living a Healthy Life with Chronic Conditions



FREE WORKSHOP:
Contact us to find out when
the next session starts.

Chronic Disease Self-Management Program

Chronic health problems are those that you usually have for the rest of your life. People who have such health problems share similar challenges every day.



This program will help you rise above those challenges and learn ways to manage your health, and live an active and fulfilling life.

People who have chronic condition(s) can attend the sessions with a family member, friend or a support person of their choice.

Who is the program designed for?

Any adult who has a chronic (ongoing) health condition including:

- Arthritis
- Cancer
- Diabetes
- High Blood Pressure
- Heart Disease
- Asthma
- Fibromyalgia
- Chronic Obstructive Pulmonary Disease (COPD)
- Mental Illness
- Chronic Pain
- Other conditions

What will you learn?

In the program, you will learn how to:

- Eat healthier
- Exercise
- Manage your symptoms
- Make daily tasks easier
- Manage your frustration, fatigue, fear, pain and isolation
- Talk to your doctor, and health care team
- Communicate with your friends and family
- Set goals, problem solve and develop action plans

A support person of someone with a chronic condition is also invited to attend.



Learn how to take action towards a healthier life!