

# Improving Health: *My Way*

## Chronic Disease Self-Management Program

### Be a Participant

At the workshop you will:

- Learn how to live better with your chronic condition
- Learn how to deal with challenges related to your chronic condition including fatigue, pain, and frustration
- Learn better ways to communicate with your doctor, family, and friends
- Discover exercises to help improve strength, flexibility, and energy
- Become an informed partner in your health care decisions

### FREE WORKSHOPS

#### 2½ HOURS A WEEK FOR 6 WEEKS

Available to adults with any chronic condition.  
You are welcome to bring along a friend or family member.

Next workshop:



To find out more about this program please contact:  
NL HealthLine 811 or 1-888-709-2929

--- or ---

Your local self-management coordinator:

Eastern Health: 1-709-752-3946 or 1-866-880-8998

Central Health: 1-709-256-5690

Labrador-Grenfell Health: 1-709-454-3333 ext 7364

Western Health: 1-709-637-5000 ext 6689



[www.gov.nl.ca/health](http://www.gov.nl.ca/health)  
[ImprovingHealth@gov.nl.ca](mailto:ImprovingHealth@gov.nl.ca)

Newfoundland  
Labrador