

EDUCATIONAL WORKSHOP

SERIES

ONLINE



Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

Together
with



Master Your Health
Take Charge. Live Well.

Workshops for people living
with a **Chronic Condition**

LEARN ABOUT:

- Improve communication with your healthcare provider
- Positive thinking, guided imagery & relaxation techniques
- Action planning, problem solving & set personal goals

- * Classes are interactive
- * **FREE** series
- * All are welcome to attend
- * Weekly attendance is expected, sessions will not be recorded

This workshop is exclusive to patients and family of the Windsor Heart Institute

LEARN TO TAKE CONTROL OF YOUR HEALTH

- Build confidence
- Create personal action plans
- Deal with the everyday challenges of *living with a Chronic Condition*

UPCOMING WORKSHOP

Online Workshop Series

Join us from the comfort of your home!

Thursdays (7 week series)

Sept 24—Nov 5, 2020

2:00pm—4:30pm

TO REGISTER PLEASE CONTACT:

Toll Free 1-855-259-3605

https://myhcc_sept24.eventbrite.ca



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computer, tablet or
smartphone!