



NorthHamilton

Community Health Centre

YOUR HEALTH IN YOUR HANDS!

Are you tired of being sick and tired?

Join us in a group based on the Stanford University educational workshop for people with chronic health issues...

Learn about...

- ✓ Working with your health care providers
- ✓ Medication "how to's"
- ✓ Techniques for relaxation
- ✓ Dealing with negative emotions
- ✓ Managing symptoms - coping with pain and fatigue
- ✓ Improving communication with important people in our lives
- ✓ Healthy eating and active living
- ✓ Setting goals
- ✓ Problem solving

The "**YOUR HEALTH IN YOUR HANDS**" program is for people with ongoing health conditions such as diabetes, asthma, emphysema, movement disorders, heart disease, or chronic pain. Family members are also welcome. The group will meet once per week for 6 weeks at North Hamilton Community Health Centre from Thursday, May 31, 2012 - July 12, 2012 from 1:30-4:00 pm. There will be no group on June 21. Learn how to deal with the symptoms and frustrations of chronic illness.

For information, call Jillian at 905-523-6611 ext 3015

