

Maximize Your Health: A Chronic Disease Self Management Program

Persons living with chronic conditions and their spouses/caregivers are invited to participate in this free 6-week workshop.

**Mississauga
Renal Care Centre**
Suite 121, 75 Watline
Mondays
March 29th to May 3rd
1:15pm to 3:45 pm

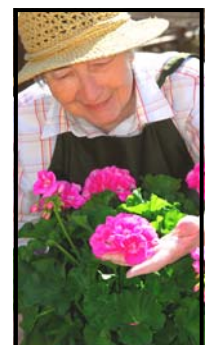
**Mississauga
Huron Park Community Centre**
830 Paisley Blvd. West
Tuesdays
March 30, April 6, 13,27 May 4, May 11
9:00am to 11:30am

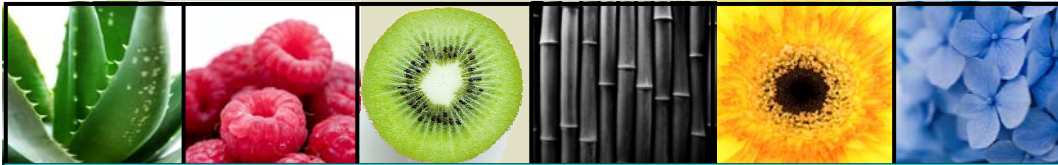
**Mississauga
India Rainbow**
3038 Hurontario St # 206
Tuesdays
March 30th to May 4th
1:00pm to 3:30pm

**Oakville
Oakville YMCA**
410 Rebecca St.
Thursdays
March 25th to April 29th
1:00pm to 3:30pm

For Registration Information:

call: (905) 845-2571 ext 5900
or e-mail:
maximizeyourhealth@haltonhealthcare.on.ca





Maximize Your Health:

A Chronic Disease Self Management Program

Do You Have...

A chronic health condition such as diabetes, arthritis, lung, kidney, heart disease or any other conditions?

This workshop teaches action planning, problem solving, breathing, relaxation techniques, communication skills, and more in a group environment.

Persons living with chronic conditions and their spouses or caregivers are welcome to attend this **FREE** 6-week workshop.

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