



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.

King Gardens

85 King St. (King & Hwy 10)
Tuesdays
January 19th to February 23rd
1:00pm to 3:30 pm

Motion Group

2130 Dundas St. (Dundas & 427)
Mondays
February 1st, 2nd 18th
March 1st, 2nd 18th
9:30am to 12:00pm

Oakville YMCA

410 Rebecca St
Thursdays
February 4th to March 11th
1:00pm to 3:30pm

More programs dates available in **Georgetown, Milton**
and **Mississauga** - please call for further details

For Registration Information:

(905) 845-2571 ext 5900
maximizeyourhealth@haltonhealthcare.on.ca