

Do You Have...

A chronic health condition such as diabetes, arthritis, lung, kidney, or 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.
(once a week for 2.5 hours)



Upcoming Workshops:

<input type="checkbox"/> Etobicoke– Franklin Horner CC	Sept. 14th to Oct.26th	2:00pm to 4:30pm
<input type="checkbox"/> Georgetown	Sept. 21st to Oct. 26th	9:30am to 12:00pm
<input type="checkbox"/> Milton Seniors Centre	Oct. 5th to Nov.9th	9:30am to 12:00pm
<input type="checkbox"/> Lamp Community Centre	Oct.13th to Nov. 17th	2:00pm to 4:30 pm
<input type="checkbox"/> Mississauga- Heartland	Oct. 17th to Nov. 28th	1:00pm to 3:30 pm
<input type="checkbox"/> Mississauga– Dundas & Mavis	Oct. 25th to Nov. 29th	9:30am to 12: 00pm
<input type="checkbox"/> Oakville- Oakpark	Oct. 20th to Nov.24th	9:30 am to 12:00pm
<input type="checkbox"/> Mississauga– Glen Erin	Nov. 2nd to Dec. 7th	9:30am to 12: 00pm

Registration Required:
Call : (905) 338-4432 ext : 4871 or
e-mail: maximizeyourhealth@haltonhealthcare.on.ca
Or Fax: 905-338-6241 with your choice of program

Name: _____ Telephone Number: _____

E-mail _____