



## Do you have an ongoing health condition?

For example: arthritis, diabetes, COPD, depression, fibromyalgia, chronic pain, asthma or high blood pressure?

## Sign up for *Your Way to Wellness!*

This **free** workshop helps adults with chronic health conditions overcome daily challenges, take action and live a healthy life!

Groups meet weekly (2 ½ hours) for six weeks and are led by trained volunteers (who have chronic conditions themselves!).

Participants learn how to:

- Set goals and problem solve
- Improve communication with health care providers, family and friends
- Eat healthier & become more active
- Manage symptoms
- Make daily tasks easier
- Manage fear, anger and frustration



### Upcoming Programs:

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**Upper Tantallon, Atlantic Superstore**, Monday evenings, 6:30-9:00pm, beginning May 18

**Fall River, Sobeys Community Room**, Monday evenings, 6:00-8:30pm, beginning June 1

For more information, or to register, call **902-473-7709**, or email [yw2w@cdha.nshelath.ca](mailto:yw2w@cdha.nshelath.ca)

