



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
- Manage fear, anger and frustration



Clayton Park: Keshen Goodman Public Library, Tuesday afternoons, 1:00-3:30, September 15 – October 20

Halifax: Halifax North End Public Library, Gottingen Street, Friday afternoons, 1:30-4:00pm, October 2 – November 6

Sheet Harbour: Wednesday afternoons, 1:30-4:00pm, October 7 – November 18

Windsor: Hants Community Hospital, Friday afternoons, 1:30-4:00pm, September 11 – October 16

Cole Harbour: Pope John 23 Church Hall, Monday evenings, 6:30-9:00, October 19 – November 23

Musquodoboit Harbour: Musquodoboit Harbout Public Library, Wednesday afternoons, 1:00-3:30, September 23 – October 28

For more information, or to register, call **902-473-7709**, or email

yw2w@cdha.nshealth.ca