

"I would highly recommend this program and I would love to do it again!"
— participant



Take Control Take Charge!

Take Charge! is a FREE, 6 week workshop for people who live with any ongoing health condition.

- Low energy
- Arthritis
- Pain
- Diabetes
- Depression
- Heart Disease or Stroke

Are you struggling with your health condition?
We will help you find ways to:

- manage stress
- make healthier food choices
- add exercise to your day
- get the results that you want

Wednesday's
September 21 – November 2, 2016

No session on October 26, 2016

10:00 – 12:30 pm

East Wellington Family Health Team
6 Thompson Cres, Unit 1
Erin, ON

Family members and caregivers are welcome to register and attend

For more information or to register call

1 866 337 3318

Email us at selfmanagement@langs.org

www.wselfmanagement.ca

This program is made available by the Ministry of Health and Long-Term Care.

