

FREE VIRTUAL EDUCATIONAL WORKSHOPS

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Do you live with a Chronic Health Condition or are a Caregiver for someone who does?

JOIN US online and learn how to take control of you and your health!!

Master Your Health Take Charge. Live Well.

Chronic Conditions

- Helpful communication with healthcare providers
- Positive thinking, guided imagery & relaxation techniques
- Action planning, problem solving & goal setting

Chronic Pain

- Techniques to deal with stress, pain, depression & improve sleep
- Fatigue management, pain medications & treatments
- Light exercises to improve strength & flexibility

Diabetes

- Blood sugar management & complication prevention
- Healthy eating, light exercise & dealing with difficult emotions
- Confidence and skills with medical management



Learn About

- Reducing caregiver stress
- Better communication of feelings
- Improve the ability to make tough decisions
- Taking care of yourself



Learn About

- Essential foot care with diabetes
- Prevention of foot complications
- Proper diabetic foot care practices
- How to enjoy an active lifestyle

Contact Us

Toll Free: 1-855-259-3605

Email: escsm@wechc.org

www.wechc.org

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weCHC
Healthcare for You
Des soins de santé pour vous

Winter 2024

Virtual Workshop Schedule

Master Your Health Chronic Pain	Mondays January 8—February 12, 2024	1:30pm—4:00pm	https://myhcp_jan8.eventbrite.ca
Master Your Health Chronic Conditions	Thursdays February 1—March 7, 2024	10:00am—12:30pm	https://www.eventbrite.ca/e/ossco-educational-program-master-your-health-with-wechc-tickets-773733968127
Powerful Tools for Caregivers	Mondays February 5— March 11 , 2024	1:30pm—3:00pm	https://ptc_feb5.eventbrite.ca
Master Your Health Diabetes	Wednesdays Feb 21—April 3, 2024 NO CLASS MARCH 20	1:00pm—3:30pm	https://diab_feb21.eventbrite.ca
Diabetes, Healthy Feet & You	Thursday March 28, 2024	9:30am—12:30pm	https://dhfy_mar28.eventbrite.ca

Registration is required

Access using any computer, tablet or smartphone!



Workshops take place online using the ZOOM platform. Link will be sent only to registered attendees prior to the workshop.