

FREE IN PERSON 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 in person 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

Powerful Tools FOR Caregivers

Learn About

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

Healthy Feet www.DHFY.ca

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

www.wechc.org

FREE IN PERSON EDUCATIONAL WORKSHOPS

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

weCHC
Healthcare for You
Des soins de santé pour vous

SPRING / SUMMER 2023 In Person Workshop Schedule

Workshop Name	Dates / Time	Location	Registration Link
Master Your Health Chronic Pain	Wednesdays April 19—May 24, 2023 10:30am—1:00pm	Life After Fifty—East 8787 McHugh St Windsor ON	https://myhcp_april19.eventbrite.ca
Master Your Health Diabetes	Thursdays May 25-June 29, 2023 9:30am—12:00pm	weCHC Pickwick 7621 Tecumseh Rd E Windsor ON	https://myhdiab_may25pw.eventbrite.ca
Diabetes, Healthy Feet & You	Thursday July 6, 2023 9:30am—12:00pm	weCHC Pickwick 7621 Tecumseh Rd E Windsor ON	https://dhfy_july6.eventbrite.ca

Registration is required

Contact Us

Toll Free: 1-855-259-3605

www.wechc.org