

FREE VIRTUAL EDUCATIONAL WORKSHOPS

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

weCHC
Healthcare for You
Des soins de santé pour vous

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

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

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SPRING / SUMMER 2023

Virtual Workshop Schedule

Master Your Health Chronic Pain	Wednesdays April 19—May 24, 2023	1:30pm—4:00pm	https://myhcp_apr19.eventbrite.ca
Master Your Health Diabetes	Tuesdays April 25—May 30, 2023	6:00pm—8:30pm	https://myhdiab_april25.eventbrite.ca
Powerful Tools for Caregivers	Thursdays May 4—June 8, 2023	10:00am—11:30am	https://ptc_may4.eventbrite.ca
Powerful Tools for Caregivers	Wednesdays May 31—July 5, 2023	7:00pm—8:30pm	https://ptc_may31.eventbrite.ca
Diabetes, Healthy Feet & You	Tuesday June 6, 2023	6:00pm—8:30pm	https://dhfy_june6.eventbrite.ca
Master Your Health Chronic Pain	Tuesdays June 6—July 11, 2023	9:30am—12:00pm	https://myhcp_june6.eventbrite.ca
Master Your Health Chronic Conditions	Wednesdays July 12—August 16, 2023	1:30pm—4:00pm	https://myhcc_july12.eventbrite.ca
Master Your Health Diabetes	Thursdays August 3—Sept 7, 2023	1:30pm—4:00pm	https://myhdiab_aug3.eventbrite.ca
Powerful Tools for Caregivers	Fridays August 18—Sept 22, 2023	9:30am—11:00am	https://ptc_aug18.eventbrite.ca
Diabetes, Healthy Feet & You	Thursday September 14, 2023	1:30pm—4:00pm	https://dhfy_sept14.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.