

FREE 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



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

Email: escsm@wechc.org

www.wechc.org

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weCHC
Healthcare for You
Des soins de santé pour vous

Spring 2024

Workshop Schedule

Master Your Health Chronic Pain	Wednesdays April 3rd-May 8th, 2024	10:30am-1:00pm	IN PERSON PICKWICK https://myhcc_apr3.eventbrite.ca
Powerful Tools for Caregivers	Wednesdays April 3rd-May 8th, 2024	6:30pm-8:00pm	VIRTUAL https://ptc_apr3.eventbrite.ca
Diabetes, Healthy Feet & You	Tuesday April 16th, 2024	10:00am-1:00pm	IN PERSON PICKWICK https://dhfy_apr16.eventbrite.ca
Master Your Health Chronic Conditions	Thursdays May 2nd-June 6th, 2024	10:00am-12:00pm	IN PERSON New Beginnings (Chatham) (CURRENTLY FULL)
Master Your Health Chronic Conditions	Tuesdays May 7th-June 11th, 2024	10:00am-12:30pm	VIRTUAL https://myhcc_may7.eventbrite.ca
Diabetes, Healthy Feet & You	Monday May 27th, 2024	12:30pm-3:30pm	IN PERSON SANDWICH https://dhfy_may27.eventbrite.ca
Diabetes, Healthy Feet & You	Monday June 10th, 2024	1:00pm-4:00pm	VIRTUAL https://dhfy_jun10.eventbrite.ca

Registration is required

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



Access using any
computer, tablet or
smartphone!