

"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

Mondays

9:30am- 12:00pm

May 25- June 29, 2020

Upper Grand Family Health Team

143 Metcalfe Street, Elora

3rd Floor

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

 Waterloo Wellington
Self-Management
Program

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