

Living a healthy life
with chronic conditions

My Choices - My Health



My Choices - My Health is a free 6-session workshop designed to help individuals develop the skills needed to better manage the daily life challenges of living with chronic mental or physical health conditions.

Topics covered include:

- Goal setting and problem solving;
- Managing pain and fatigue;
- Dealing with difficult emotions such as frustration and fear;
- Fitness and healthy eating for maintaining and improving strength;
- Techniques for reducing stress and anxiety;
- Communicating effectively with your health care team.

Workshops, led by trained volunteers, are held once a week for 2 ½ hours. Each class has 10 to 12 participants. Individuals caring for persons with chronic health conditions are also welcome to attend.

Comments from participants:

"I learned I can do anything if I start out with small steps"
"I have gotten rid of a lot of fear and panic"
"It motivated me to make major positive lifestyle changes. I have never felt better"

How can I get involved?

If you would like to take part in the workshop or become a volunteer workshop leader please contact us.

For more information/registration: