

**It's my
health.
It's my
life.**



**Do you live with challenges
and complications as a result
of a chronic condition?**

Join us for a **free** six-week
Living a Healthy Life with Chronic Conditions workshop.

DATES

TIME

LOCATION

**Pre-registration is *required*, for more information:
Call 1-866-971-5545 or register online at www.ceselfmanagement.ca**



Self-Management Program  Ontario