



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Healthy Habits for Life: Part 2

A free wellness series for adults who want to build healthy habits and lower their risk of long term health problems.

- **Session 5: Sleep and Stress: A Two Way Street**
 - Learn how stress and sleep are connected
 - See how both can affect your health
- **Session 6: Health Info Without the Overwhelm**
 - Learn how to make sense of health information
 - Learn how to ask good questions
- **Session 7: Decoding Health Info Online**
 - Explore ways to find reliable online sources
 - Practice spotting misinformation
- **Session 8: Alcohol, Smoking and Screen Time**
 - Learn how these choices can affect your health
 - Learn how to reduce if needed

UPCOMING VIRTUAL WORKSHOP

Fridays

October 16- November 6, 2026
10:00am- 11:30am

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

Please note that this is a highly interactive workshop.

For more information or to register,
visit www.selfmanagement.ca
or call 1-866-337-3318

Family members and caregivers are
welcome to register and attend.

**Scan QR code to register for
Healthy Habits for Life: Part 2**

