Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Healthy Habits for Life

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

Session 1: Small Steps to Better Health
- Learn what chronic conditions are and how to lower your risk
- See how small changes in your daily habits can make a big difference for your health

Session 2: Health Habits that Stick
- Learn why habits matter
- Learn strategies to start and keep healthy habits
- Discover how self-compassion can help

Session 3: Eat Well, Live Well: Simple Nutrition
- Learn about portion sizes, balanced meals, healthy eating strategies, cooking tips and why hydration matters
- Discover the importance of a balanced diet

Session 4: Move for Health
- Explore easy ways to add physical activity into your daily routine
- Learn exercises you can try today

Session 5: Sleep & 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

January 29- March 19, 2027

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 wwselfmanagement.ca or call 1-866-337-3318. Family members and caregivers are welcome to register and attend.