



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Healthy Habits that Stick

Ever wonder why healthy habits can be so hard to stick with?

This workshop will help you understand how habits are formed and provide simple, practical tools to support lasting change.

You will:

- Learn why habits matter for your health and well-being
- Explore strategies to build and maintain healthy habits
- Discover how self-compassion can help you stay motivated and get back on track when challenges arise



UPCOMING WORKSHOP

- **HYBRID** -

Thursday

December 3, 2026

10:00am- 11:30am

Hosted Virtually on Zoom

or

In Person at Langs CHC

1145 Concession Road

Cambridge, ON

"After School Room"

For more information or to register, visit

www.wwselfmanagement.ca

or scan QR code

