



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Take Charge! Chronic Conditions

Free 6 week workshop that helps people with chronic health conditions

This workshop will help with:

- pain and fatigue management
- making healthy food choices
- dealing with difficult emotions
- making an action plan

“Excellent program. Safe environment to share and participate in”



UPCOMING WORKSHOP

Wednesdays

October 14- November 18, 2026

1:00pm- 3:30pm

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 wwwselfmanagement.ca or call 1-866-337-3318

Family members and caregivers are welcome to register and attend.



wwwselfmanagement.ca