



## Better Choices, Better Health ®

### Chronic Pain

- Connect with others experiencing long-term pain (due to arthritis, fibromyalgia, or other pain conditions)
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Manage medications better
- Practice a gentle movement program
- Solve problems and set goals
- Join the 6-week workshop on-line



### Long-term Health Conditions

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Manage medications better
- Solve problems and set goals
- Join the 6-week workshop on-line



|                 |               |                               |
|-----------------|---------------|-------------------------------|
| Chronic Pain    | 1:00 - 3:30pm | Nov 5, 12, 19, 26, Dec 3, &10 |
| Chronic Disease | 6:00 - 8:30pm | Nov 10, 17, 24, Dec 1, 8, 15  |

Register at:

[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)

1-877-349-5711

