

TESTIMONIALS

What have people said about Journey into Well-being?

"Socializing and exchanging ideas with other group members was helpful."

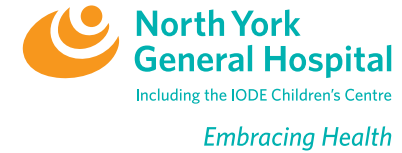
"I have learned to make do-able action plans and to relax."

"I have become more confident and positive and plan to do achievable goals..."

"...the blending of mind and body is a positive approach to coping with disease."

"... understanding the role that depression was playing in the illness has made it easier to handle and less daunting."

Take control of your health



For more information or for a group closest to you, call 416-756-6624



The Chronic Disease Self-Management Program: Journey into Well-being is supported by the Seniors' Wellness and Rehabilitation Endowment Fund which has been established through support from North York General Hospital's Chinese Advisory Committee. This program is sustained through the generous support of our community. If you would like to make a donation, please contact the North York General Hospital Foundation at 416-756-6944.

Journey into Well-being

A six week workshop for adults with chronic health conditions.



... A Chronic Disease Self Management Workshop

For people with heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and other conditions.

SESSION 1

- ◆ Differences Between Acute and Chronic Conditions
- ◆ Using Your Mind to Manage Symptoms and Distraction
- ◆ Introduction to Action Plans

SESSION 3

- ◆ Feedback and Problem Solving
- ◆ Better Breathing
- ◆ Muscle Relaxation
- ◆ Pain and Fatigue Management
- ◆ Endurance Activities:
How Much is Enough?
- ◆ Action Plans

SESSION 5

- ◆ Feedback and Problem Solving
- ◆ Medication Usage
- ◆ Making Informed Treatment Decisions
- ◆ Depression Management
- ◆ Positive Thinking
- ◆ Guided Imagery
- ◆ Action Plans

SESSION 2

- ◆ Feedback and Problem Solving
- ◆ Dealing with Difficult Emotions
- ◆ Introduction to Physical Activity and Exercise
- ◆ Action Plans

SESSION 4

- ◆ Feedback and Problem Solving
- ◆ Future Plans for Health Care
- ◆ Healthy Eating
- ◆ Communication Skills
- ◆ Problem Solving
- ◆ Action Plans

SESSION 6

- ◆ Feedback and Problem Solving
- ◆ Working with your Health Care Professional and the Health Care System
- ◆ Looking Back and Planning for the Future

Nominal charge for program book "Living a Healthy Life with Chronic Conditions"

Building skills, sharing experiences, supporting each other...