

Are you living with diabetes, heart disease, arthritis, high blood pressure, cancer, chronic pain, depression, or **other chronic conditions?**

You are invited to participate in a **free** educational workshop to build the **skills, tools, and confidence** to better manage your health!

Register now at
www.ontarioselfmanagement.ca



For more
information, call toll-free

1-844-301-6389

email

onlineCDSM@bruyere.org

or visit

www.ontarioselfmanagement.ca



Online Chronic Disease
Self-Management Program

Self Management Program



Ontario

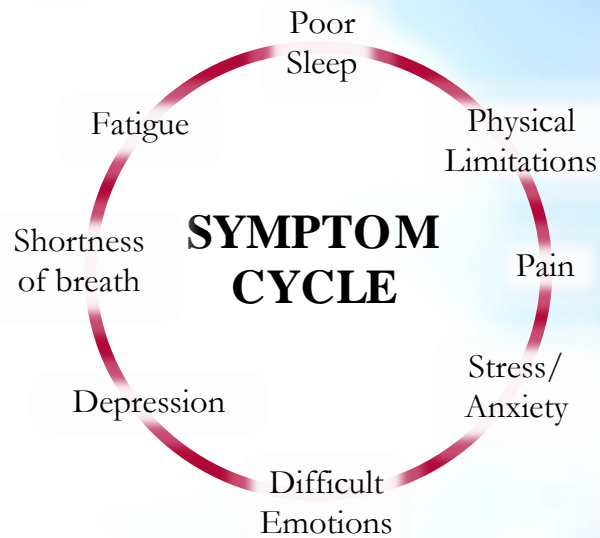
living a
healthy
life *with*
chronic
conditions

ONLINE PROGRAM

A **FREE** evidence-based workshop giving you the tools to live a healthy life **now offered online!**



WHAT IS THE ONLINE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM?



- A **FREE** highly interactive online workshop
- **6 weeks, about 2 hours/ week**
- Groups of ~ 25 participants
- New lessons added each week
- **Confidential** and **anonymous**
- Led by peer facilitators

You will learn to:

- **Manage symptoms**
- Communicate effectively with your health care team
- **Make daily tasks easier**
- Make appropriate **lifestyle changes**
- Set goals and problem solve
- **Take action** and live a healthy life!



Who can register?

Adults of any age in Ontario living with a chronic condition

Accessible to those with **all levels of computer experience**

Friends, caregivers, and family members are also welcome

Where?

Anywhere you can access the internet and a computer

When?

Log on at your own convenience!

2-3 times/ week for a total of about **2 hours per week**

