

FREE ONLINE EDUCATIONAL WORKSHOPS

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC
Healthcare for You
Des soins de santé pour vous

Do you live with a Chronic Health Condition
or are a Caregiver for someone who does?

JOIN US online and learn how to take control of you and your health!!



Master Your Health

Take Charge. Live Well.

Chronic Conditions

- Improve communication with your healthcare providers
- Positive thinking, guided imagery & relaxation techniques
- Action planning, problem solving & set personal goals

Chronic Pain

- Techniques to deal with stress, pain, depression & improve sleep
- Fatigue management, pain medications & treatments
- Light exercises to improve strength & flexibility

Diabetes

- Learn to manage blood sugar levels & prevent complications
- Healthy eating, light exercise & dealing with difficult emotions
- Gain confidence with medication management

Powerful Tools FOR Caregivers

Learn About

- Reducing caregiver stress
- Better communication of feelings
- Improve the ability to make tough decisions
- Taking care of yourself

Contact Us

Toll Free: 1-855-259-3605

www.wechc.org

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Winter 2022 Workshop Schedule

Workshop Name	Dates	Time	Registration Link
Master Your Health Chronic Conditions	Wednesdays January 19—February 23, 2022	1:30pm—4:00pm	https://myhcc_jan19.eventbrite.ca
Master Your Health Chronic Pain	Thursdays January 20—February 24, 2022	1:30pm—4:00pm	https://myhcp_jan20.eventbrite.ca
Master Your Health Diabetes	Tuesdays January 25—March 1, 2022	9:30am—12:00am	https://myhdiab_jan25.eventbrite.ca
Powerful Tools for Caregivers	Wednesdays February 2, - March 9, 2022	10:00am—11:30am	https://ptc_feb2.eventbrite.ca
<i>*changement de date*</i> Maîtrisez votre santé Douleur Chronique	Tous les mercredis du 2 février au 9 mars 2022	18h00 à 20h30	https://myhpcfrr_2fev.eventbrite.ca
Master Your Health Chronic Pain	Tuesdays February 22—March 29, 2022	9:30am—12:00pm	https://myhcp_feb22.eventbrite.ca
Powerful Tools for Caregivers	Tuesdays March 22—April 26, 2022	10:00am—11:30am	https://ptc_mar22.eventbrite.ca

Workshops take place online using the ZOOM platform.
Link will be sent only to registered attendees prior to the workshop.

Registration is required



Access using any
computer, tablet or
smartphone!