

# EDUCATIONAL WORKSHOP SERIES

ONLINE

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

**weCHC**

Healthcare for You  
Des soins de santé pour vous

## Master Your Health

Take Charge. Live Well.

### LEARN ABOUT:

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

- \* Classes are interactive
- \* **FREE** series
- \* All are welcome to attend
- \* Weekly attendance is expected, sessions will not be recorded

### Questions?

Call Toll Free 1-855-259-3605

[escsm@wechc.org](mailto:escsm@wechc.org)



@weCHC\_



@weCHC519

[www.wechc.org](http://www.wechc.org)

Workshops for people living with  
a **Chronic Condition**

### LEARN TO TAKE CONTROL OF YOUR HEALTH

- Build confidence
- Create personal action plans
- Deal with the everyday challenges of *living with a Chronic Condition*

### UPCOMING WORKSHOP

#### Online Workshop Series

Join us from the comfort of your home!

Thursdays (6 week series)

February 1—March 7, 2023

10:00am—12:30pm

#### TO REGISTER PLEASE CLICK:

<https://www.eventbrite.ca/e/ossco-educational-program-master-your-health-with-wechc-tickets-773733968127>

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