

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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Fall 2021

Workshop Schedule

Workshop Name	Dates	Time	Registration Link
Master Your Health Chronic Pain	Tuesdays Sept 14—Oct 26, 2021	6:00pm—8:30pm	https://myhcc_sept14.eventbrite.ca
Master Your Health Chronic Conditions	Thursdays Sept 23—Nov 4, 2021	9:30am—12:00pm	https://myhcc_sept23.eventbrite.ca
Powerful Tools for Caregivers	Thursdays Sept 30—Nov 4, 2021	1:30pm—3:00pm	https://ptc_sept30.eventbrite.ca
Master Your Health Diabetes	Wednesdays Oct 6—Nov 17, 2021	1:30pm—4:00pm	https://myhdiab_oct6.eventbrite.ca
Master Your Health Chronic Conditions	Tuesdays Oct 19—Nov 30, 2021	1:30pm—4:00pm	https://myhcc_oct19.eventbrite.ca
Master Your Health Diabetes	Thursdays Oct 28—Dec 9, 2021	6:00pm—8:30pm	https://myhdiab_oct28.eventbrite.ca
Powerful Tools for Caregivers	Tuesdays Nov 2—Dec 7, 2021	9:30am—11:00am	https://ptc_nov2.eventbrite.ca
Master Your Health Chronic Pain	Wednesdays Nov 3—Dec 15, 2021	9:30am—12:00pm	https://myhcc_nov3.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!