

FREE VIRTUAL EDUCATIONAL WORKSHOPS

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



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

- Helpful communication with healthcare providers
- Positive thinking, guided imagery & relaxation techniques
- Action planning, problem solving & goal setting

Chronic Pain

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

Diabetes

- Blood sugar management & complication prevention
- Healthy eating, light exercise & dealing with difficult emotions
- Confidence and skills with medical 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



Learn About

- Essential foot care with diabetes
- Prevention of foot complications
- Proper diabetic foot care practices
- How to enjoy an active lifestyle

Contact Us

Toll Free: 1-855-259-3605

www.wechc.org

FREE VIRTUAL EDUCATIONAL WORKSHOPS

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

weCHC
Healthcare for You
Des soins de santé pour vous

Winter 2023

Virtual Workshop Schedule

Workshop Name	Dates	Time	Registration Link
Master Your Health Chronic Pain	Tuesdays Jan 10—Feb 14, 2023	9:30am—12:00pm	https://myhcp_jan10.eventbrite.ca
Powerful Tools for Caregivers	Wednesdays January 25—March 1, 2023	9:30am—12:00pm	https://ptc_jan25.eventbrite.ca
Master Your Health Chronic Pain	Tuesdays February 7—March 14, 2023	6:00pm—8:30pm	https://myhcp_feb7.eventbrite.ca
Master Your Health Diabetes	Thursdays February 9—March 16, 2023	1:30pm—4:00pm	https://myhdiab_feb9.eventbrite.ca
Diabetes, Healthy Feet & You	Friday February 10, 2023	9:30am—12:00pm	https://dhfy_feb10.eventbrite.ca
Master Your Health Chronic Conditions	Fridays February 17—March 24, 2023	9:30am—12:00pm	https://myhcc_february17.eventbrite.ca
Diabetes, Healthy Feet & You	Thursday March 23, 2023	1:30pm—4:00pm	https://dhfy_march23.eventbrite.ca
Master Your Health Chronic Pain	Thursdays March 30—May 4, 2023	1:30pm—4:00pm	https://myhcp_mar30.eventbrite.ca

Registration is required

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



Access using any computer, tablet or smartphone!