

"I would highly recommend this program and I would love to do it again!"
– participant



Take Control Take Charge!

Take Charge! is a FREE, 6 week workshop for people who live with any ongoing health condition.

- Low energy
- Arthritis
- Pain
- Diabetes
- Depression
- Heart Disease or Stroke

Are you struggling with your health condition?
We will help you find ways to:

- manage stress
- make healthier food choices
- add exercise to your day
- get the results that you want

Mondays
October 24th – November 28th, 2016
Kitchener Downtown CHC
44 Francis Street South,
Kitchener, ON
1:00- 3:30 pm
To register call 519 745 4404 ext 208

Family members and caregivers are welcome to register and attend

For more information or to register call:

1 866 337 3318

Email us at selfmanagement@langs.org

www.wselfmanagement.ca

 Waterloo Wellington
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Program

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