

"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

Free workshops starting soon!

Various locations and times

Call us today! or visit
www.wwselfmanagement.ca

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.wwselfmanagement.ca

This program is made available by the Ministry of Health and Long-Term Care.



Waterloo Wellington
Self-Management
Program



Stand up to Diabetes