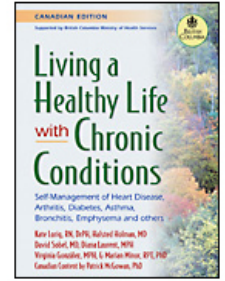


# NORTH LANARK COMMUNITY HEALTH CENTRE



## *Living a Healthy Life*

A six-week self-management program for people with persistent health concerns



Resource Book Provided

**Who:** Do you have a persistent health concern (ie asthma, diabetes, heart disease, bronchitis, depression, fibromyalgia, arthritis, etc.) that is affecting your ability to live your life as fully as you want?

**What:** This six-week program will help you learn how to become more involved in managing your own health and in becoming a more active “self-manager” of your health condition. You will learn how to:

- Set goals and make plans to achieve them;
- Handle difficult emotions;
- Eat well to feel better;
- Solve problems more effectively;
- Manage your symptoms and treatment side-effects;
- Connect with others who may face similar challenges.

**Where:** North Lanark Community Health Centre,  
207 Robertson Drive Lanark, ON

**When:** **Fall 2011.** Times and dates to be determined based on participant interest. **Call to pre-register.**

**Cost:**



For more information or to pre-register,  
please call Kara at  
613-259-2182 or  
1-866-762-0496



North Lanark  
Community Health Centre

A part of Lanark Health and Community Services



Ontario's Community  
Health Centres

Every One Matters.

(613) 259-2182 [www.northlanarkchc.on.ca](http://www.northlanarkchc.on.ca)

1-866-762-0496