

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

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
- Increase 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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Winter 2021 Workshop Schedule

Workshop Name	Dates	Time	Registration Link
Master Your Health Diabetes	Tuesdays Jan 26—March 9, 2021	6:00pm—8:30pm	https://myhdiab_jan26.eventbrite.ca
Master Your Health Chronic Pain	Thursdays Jan 28—March 11, 2021	9:30am—12:00pm	https://myhcp_jan28.eventbrite.ca
Master Your Health Chronic Conditions	Wednesdays Feb 17—March 31, 2021	9:30am—12:00pm	https://myhcc_feb17.eventbrite.ca
Powerful Tools for Caregivers	Mondays Feb 22—March 29, 2021	1:00pm—2:30pm	https://ptc_feb22.eventbrite.ca
Master Your Health Diabetes	Thursdays March 11—April 22, 2021	1:00pm—3:30pm	https://myhdiab_mar11.eventbrite.ca
Master Your Health Chronic Pain	Wednesdays March 24—May 5, 2021	6:00pm—8:30pm	https://myhcp_mar24.eventbrite.ca
Powerful Tools for Caregivers	Tuesdays April 13—May 18, 2021	9:30am—11:00am	https://ptc_april13.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!