

Free Maximize Your Health workshops offered to aid those with chronic conditions

Many people live with one or more chronic conditions. Having a long-lasting health condition can impact a person's physical, mental and emotional health and can compromise a person's ability to carry on with routines or take part in activities. The good news is that patients with one or more chronic conditions can maximize their health by learning positive self-management skills.

A six-week self management workshop, Maximize Your Health, is being offered this winter by the Mississauga Halton Self Management program. It is funded by the Ontario Ministry of Health and Long Term Care and is based on self-management principles developed by Stanford University.

Workshop participants learn about: setting achievable goals, overcoming barriers, thinking

positively, general nutrition, communication with healthcare professionals, managing symptoms and more! Participants meet for six weeks, once a week for 2.5 hours and receive a resource book to use at home.

Free programs will be held locally:

- Georgetown— Jan. 25 to Feb. 29
- Milton Seniors Centre—

Feb. 1 to March 7

- Georgetown— Feb. 22 to March 28

This program is for people who live with a lifelong health condition like diabetes, lung or heart disease, arthritis, have a mental health diagnosis, or any other condition. Spouses and caregivers are also welcome.

"The workshop helped me realize that I am not alone— that

there are many others in the same situation with similar issues," notes a program graduate. "By the end of the workshop I felt I had developed the coping skills I needed, and I was able to make positive changes in my life."

For more information or to register for a program, call 905-338-4432 ext 4871 or 1-888-670-6636 ext 4871 or email bclara@haltonhealthcare.on.ca.



John Mark & Kelly Ann Rowe
Of Glen Williams, Ontario
Are delighted to announce the engagement of their daughter
Stephanie Margaret Claire Rowe
To
Greg Bryan Florence
Son of
Bryan & Elaine Florence
Of Guelph, Ontario
Wedding to be announced



Dave and Jennifer Dawkins
of Acton
along with
Mike and Lynne Kemp
of Peterborough
are happy to announce the engagement of their children,
Natalie Lillian
and
Adam William.
Wedding to take place in
Port Credit in January 2013.



Congratulations Jaime Broadbent

on your graduation from
Sir Wilfrid Laurier University with
a BA and your graduate diploma
of Education from James Cook
University in Australia.
Love: Mom, Dad & Cassie



John Mark & Kelly Ann Rowe
Of Glen Williams, Ontario
Are delighted to announce the engagement of their daughter
Bridget Helen Doreen Rowe
To
Lindsay Shane Titus
Son of
Lindsay & Cindy Titus
Of Brier Island, Nova Scotia
Wedding in July 2012



Stag & Doe Lisa Cain & Dean Soucie

Saturday
February 11, 2012
7:00 pm - 1:00 am
Lions Club Georgetown
42 Mill Street, Georgetown
Raffles, 50/50 Draw & Games
\$10.00/person

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~Plutarch

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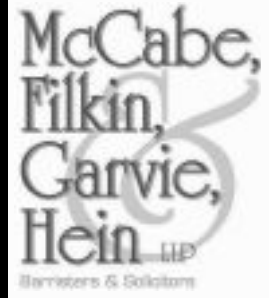


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