



# Living a Healthy Life

## *Self-management Program*

Ongoing health problems (or chronic conditions) are health problems that you usually have for the rest of your life. People who have health problems share similar challenges every day.

The Living a Healthy Life Program is offered by people just like you. Our trained peer leaders work in pairs. Many have health problems themselves.

This course will help you manage your health and maintain an active and fulfilling life.

## Who is the program for?

The program is for people who have ongoing health problems, their caregivers or their loved ones. Health problems may include:

- Arthritis
- Cancer
- Chronic lung disease (asthma or COPD)
- Diabetes
- Heart disease
- Other ongoing health problems

People who are looking to make changes to prevent health problems are also welcome.

## What will you learn?

In the program, you will learn how to:

- Get started with healthy eating and exercise
- Manage your symptoms
- Make daily tasks easier
- Manage your fear, anger and frustration
- Communicate well with your family, friends, doctor and other health care providers

## How much does the program cost?

The program costs \$10. You will also receive a copy of the *'Living a Healthy Life With Chronic Conditions'* book.

## How long is the program?

*Living a Healthy Life* is a 6-week program. Sessions are held once a week for 2½ hours. Sessions include a short break.

## When and where will the program be offered?

The program will be offered during the day, evening, or weekend depending on the needs of participants. The program needs at least 12 people per group.

Programs will be held in community sites at a location near you.

## What are people saying about the program?

"It motivated me to make major positive lifestyle changes. I have never felt better and healthier."

*Paula M*

"It was great to be with other people who have chronic conditions and hear how they cope."

*Daniel*

"I really appreciated the program. Having a group atmosphere was invaluable to the experience as one didn't feel so 'alone'."

*Charlotte*

"I definitely learned new skills and knowledge which I am using."

*Frankie A*

"The one common bond we share by being here is we want to help ourselves."

*Samantha*



Health and  
Wellness

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For more information about  
**Living a Healthy Life**, call

**1-888-854-7244**  
(toll-free)

***www.peihealthyliving.ca***



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