



# Maximize

## YOUR HEALTH

### MISSISSAUGA HALTON SELF MANAGEMENT PROGRAM

## Overview of *FREE* Workshop

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management & chronic health conditions	✓					
Getting a good night's sleep	✓					
Using your mind to manage symptoms	✓		✓		✓	✓
Making an action plan	✓	✓	✓	✓	✓	✓
Feedback & problem solving		✓	✓	✓	✓	✓
Dealing with difficult emotions		✓				
Physical activity & exercise		✓	✓			
Preventing falls		✓				
Making decisions			✓			
Pain & fatigue management			✓			
Better breathing				✓		
Healthy eating				✓	✓	
Communication skills				✓		
Medication usage					✓	
Making informed treatment decisions					✓	
Dealing with depression					✓	
Working with your health care professional & organization						✓
Weight management & future plans						✓

***Our goal is to help you live life to the fullest!***



**Registration Required;** To register please visit:  
[www.maximizeyourhealth.ca](http://www.maximizeyourhealth.ca)

or contact: 905-338-4432 ext. 4877 or 1-855-223-6847 ext 4877

Programs are ongoing, visit website for all current listings

