

## Additional Programming

### Craving Change

#### Benefits of program

- Understand why you eat the way you do
- Change your thinking, Change your eating
- Comfort yourself without food
- Learn practical techniques to help you develop a healthier relationship with food

#### What Participants can expect

- The workshop is divided into 4 sessions over 4 weeks
- A **FREE** Craving Change workbook
- Locations are accessible and within community settings
- Opportunity to share and learn with other participants

### PEP Talk

Diabetes, Healthy Feet & You is a self management workshop program designed to empower people living with diabetes, adopt self management behaviors that can help them prevent diabetic foot ulcers & amputations.

#### Program Overview

- Peer Led Community Workshop
- 2.5 Hours
- Standardized program resources
- PEP Program supported through a virtual community



For more information or to register for a program in your community please Visit:  
[www.maximizeyourhealth.ca](http://www.maximizeyourhealth.ca)

Contact:

1-855-223-6847 ext 4877

[Maximizeyourhealth@haltonhealthcare.on.ca](mailto:Maximizeyourhealth@haltonhealthcare.on.ca)

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Join us for a **FREE** six-week program to learn how to live your life to the fullest!

*Do you have a chronic health condition such as diabetes, arthritis, lung, kidney, heart disease, Chronic Pain or any other conditions?*

## Living a Healthy Life Chronic Conditions

### Week 1:

Mindful Management, Acute vs Chronic Conditions, Action Plans

### Week 2:

Feedback & Problem Solving,  
Physical Activity

### Week 3:

Breathing, Muscle Relaxation, Pain,  
fatigue, endurance

### Week 4:

Future Planning, Communication,  
Problem Solving, Nutrition

### Week 5:

Medication Management, Making  
Informed Decisions,  
Positive Thinking

### Week 6:

Working with Health Professionals,  
Planning for the Future

**You will practice** making reasonable goals, share and receive ideas from a group of people who are facing the same challenges that you are facing.

## Our goal is to help you to Live your best Life!

### Program Information

Each program will be 2 1/2 hours a week for 6 weeks in small groups of 12-15 people.

You will receive a **FREE** resource book "Living a Healthy Life with Chronic Conditions".

Individuals, family members, and caregivers are welcome to attend.

Two trained leaders guide the workshop which is based on a program developed by Stanford University.



## Living a Healthy Life Chronic Pain

### Week 1:

What is Chronic Pain, Debunking Myths,  
Action Plans

### Week 2:

Feedback & Problem Solving,  
Physical Activity, Pacing Activity &  
Rest, Using Mind to Manage  
Symptoms

### Week 3:

Dealing with Difficult Emotions,  
Managing Fatigue & Sleep

### Week 4:

Communication, Healthy Eating, Fitness &  
Exercise

### Week 5:

Medication Management,  
Depression Management

### Week 6:

Working with Health Professionals,  
Making Treatment Decisions,  
Planning for the Future

