

## Take Charge!

The Chronic Disease Self Management Workshop is for adults experiencing any chronic health condition, including but not limited to, diabetes, arthritis, heart disease, lung disease and stroke.

Each workshop runs once a week for 2½ hours, over six weeks. Expect to meet about ten to fifteen new people in your workshop.

*You must pre-register for the workshop.*

## Take Charge!

The Chronic Pain Self Management Workshop for adults living with chronic pain related but not limited to chronic musculoskeletal, repetitive strain injury, post-surgical pain lasting beyond 6 months, neuropathic pain, and headaches.

Each workshop runs once a week for 2½ hours, over six weeks. Expect to meet about ten to fifteen new people in your workshop.

*You must pre-register for the workshop.*

## Take Charge!

is not a cure but it can help you  
live a healthier life!



## Hamilton Health Sciences

Tel: 1-855-333-2376

Email: [TakeCharge@hhsc.ca](mailto:TakeCharge@hhsc.ca)

Web: [takecontroltakecharge.ca](http://takecontroltakecharge.ca)

The Take Charge! Program is a program initiated by the province and funded by the Ministry of Health and Long- Term Care.

It is intended to provide the Program services throughout the Hamilton Niagara Haldimand Brant (HNHB) LHIN.

Hamilton Health Sciences Corporation administers the Program and in so doing collaborates with a number of other organizations and providers within the LHIN to deliver the Program.

HAMILTON • NIAGARA • HALDIMAND • BRANT  
**FREE 6 WEEK WORKSHOPS**

# Take Control Take Charge!

TakeControlTakeCharge

Self Management Program Ontario





### Learn and share information about

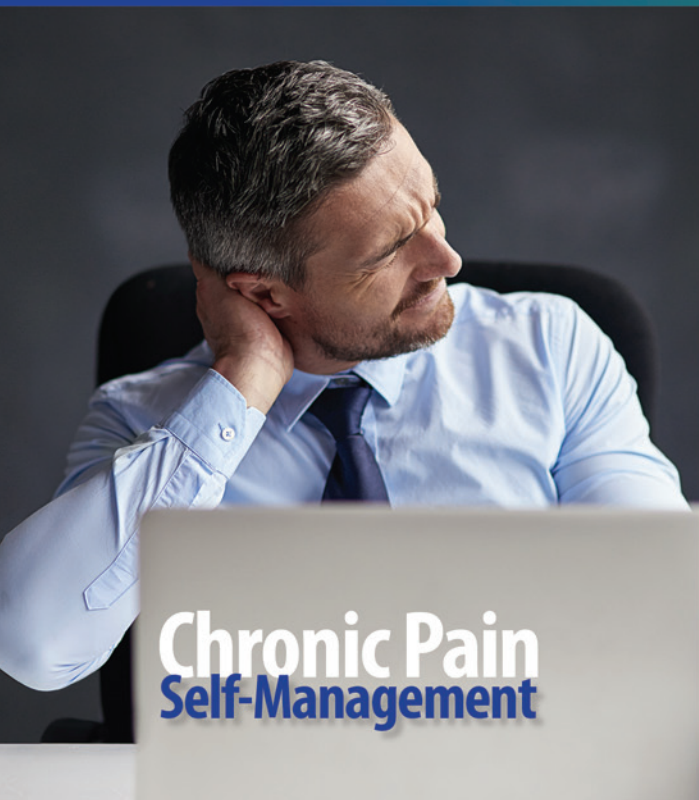
- Healthy eating
- Starting and maintaining an exercise program
- Stress management
- Communicating with your healthcare professional
- Planning and problem solving
- Goal setting



“ This workshop opened me up to how deeply chronic disease disrupts the lives of my clients and how I could help them cope more effectively. ”



Rob - Registered Massage Therapist



### Learn and share information about

- Techniques to deal with emotions, fatigue and poor sleep
- Use of medications
- Pacing activity and rest
- How to evaluate new treatments
- Goal setting



“ This program truly changed my life! It made me realize I was not alone in this battle with chronic pain. ”



Megan - Hamilton, Ontario