

## What people are saying about the program

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

*"This is the beginning of my taking control of my condition. I moved from victim, from feeling helpless, to feeling that I can do something to alleviate my condition."*

*"I learned many practical skills from the others in the program."*



Nova Scotia Health

Nova Scotia Health

# Your Way to Wellness

This **Chronic Disease Self-Management Program** is a provincially sponsored free program giving you the tools to live a healthier life.

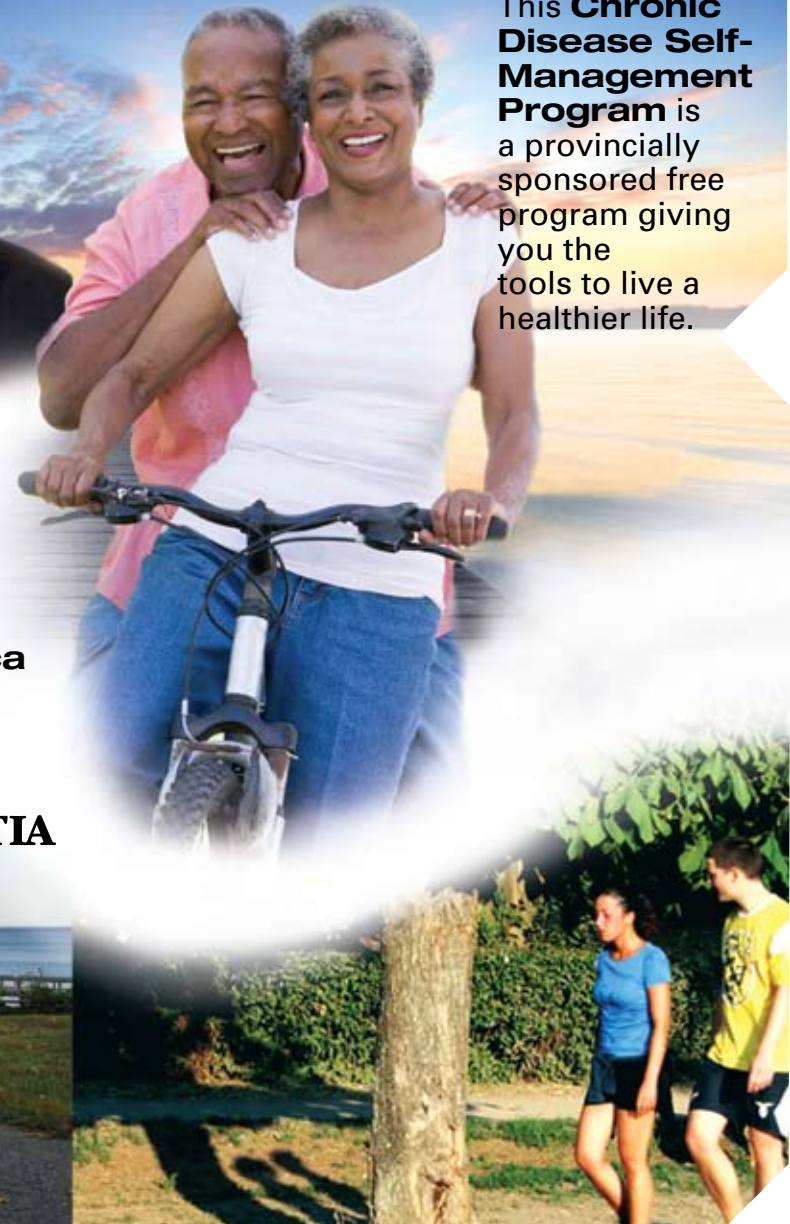
## How can you get involved?

To take the program or become a volunteer leader, please call us at **1-888-672-3444** or email us at **[YourWay2Wellness@gov.ns.ca](mailto:YourWay2Wellness@gov.ns.ca)**



Capital Health

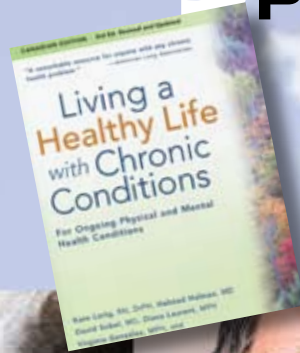
  
**NOVA SCOTIA**  
Health



*Your Health Matters*

*Your Health Matters*

# Your Way to Wellness Program



Do you have a chronic (ongoing) health condition? Do you want to better support a loved one who has a chronic condition? This free program helps those with chronic conditions overcome some of the daily challenges they face. Join us for a six-week program to learn how to manage your condition better, develop new skills, and use proven tools to help you maintain an active, fulfilling life.



## Who should attend?

- Any adult who has an ongoing (chronic) health condition including among others:
  - arthritis
  - diabetes
  - high blood pressure
  - heart disease
  - asthma
  - fibromyalgia
  - chronic obstructive pulmonary disease (COPD)
  - mental illness
  - chronic pain
- Family members, friends and caregivers of someone with a chronic condition

## Learn how to

- eat healthier
- become more active
- manage symptoms
- improve self confidence
- manage fear, anger, and frustration
- make daily tasks easier
- talk to your doctor and health care team
- set goals, learn problem solving, and develop action plans

Learn how to take action toward a healthier life!

## About the program

- Free
- Each session lasts 2 1/2 hours
- Six sessions, held once a week
- Groups of 6-15 people
- Volunteer group leaders, most with chronic conditions themselves
- Offered in your community at community centers, seniors centers, libraries, or recreational facilities