

Additional Programming

Craving Change

Program Benefit:

- 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.

Program Overview:

- 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

Healthy Feet

Program Benefit:

- Learn and adopt Self Management skills than can help prevent diabetic foot ulcers and amputations
- Learn day to day care of your feet

Program Overview :

- Peer Led Community Workshop
- 2.5 Hours
- Standardized program resources



MISSISSAUGA HALTON SELF MANAGEMENT PROGRAM

For more information or to register for a program in your community please visit:

www.maximizeyourhealth.ca

Contact:

905-338-4432

Toll Free:

844-661-9194

Maximizeyourhealth@haltonhealthcare.on.ca

Funded by:

Mississauga Halton Local Health Integrated Network

Hosted by:

Halton Healthcare



SELF MANAGEMENT PROGRAM

Mississauga • Milton • Oakville • Georgetown • Acton

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?