



healthy life

**SCAN FOR
MORE
INFORMATION
& TO REGISTER**

WEBINARS

1 HOUR

Increase Personal Resiliency

Learn the 5 key characteristics of resilient people and how to cultivate self calm and self care.

Anxiety - Dial it Down

Learn the daily behaviours, body and thought processes that influence our anxiety levels and how to influence them to your benefit.

How to Get Better Sleep

Learn strategies to relax your mind/body to decrease insomnia. To support falling asleep, falling back to sleep, and getting more restful sleep.

Smart Stress Management Shift from Defense to Performance

You will learn brief brain/body calming techniques for focus, performance and energy.

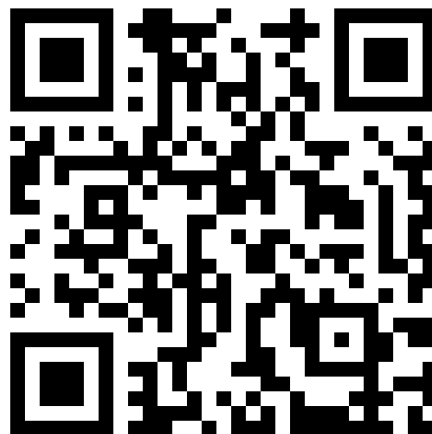


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WWW.MAXIMIZEYOURHEALTH.CA



**Free workshops for
People with Chronic
Health Conditions and
Caregivers**



**Ontario
Health**

Maximize
YOUR HEALTH

MISSISSAUGA HALTON SELF MANAGEMENT PROGRAM

WORKSHOPS

Workshop length varies between 3-6 weeks.

Groups meet once per week

Living a healthy life with Chronic Conditions

For anyone living with or caring for someone with a Chronic Health Condition. This could include Diabetes, Mental Health, Heart Disease or other conditions.

Living A Healthy Life with Chronic Pain

For people living with chronic pain, workshops are interactive and offer the Moving Easy Program.

Powerful Tools for Caregivers

Caregivers develop a wealth of self-care tools. Reduce personal stress and improve self confidence in communication.

Craving Change

Workshop series focusing on helping you change your relationship with food.



"Our Goal is to help you live your best life"

PROGRAM BENEFITS

- Develop and apply self management skills to achieve your best health and wellness
- Learn to set achievable goals
- Share with and receive ideas from a group of people who are facing similar challenges

About Us

We provide workshops and webinars that enable people to take control of their own health by gaining the confidence, skills and knowledge necessary to manage the physical, social and emotional aspects of life with chronic conditions.

Become a Volunteer

The role of our peer leader is to facilitate the 6-week, 2.5 hour per week "Maximize Your Health" workshops for groups of 12-18 participants.

Visit our website for more information

WWW.MAXIMIZEYOURHEALTH.CA

