

# 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

## PEP Talk

### 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](http://www.maximizeyourhealth.ca)

Contact:

905-338-4432

Toll Free:

844-661-9194

[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:

Mind-Body Connection/Distraction  
Getting a Good Night's Sleep , Action Plans

### Week 2:

Feedback & Problem Solving, Dealing with  
Difficult Emotions, Physical Activity

### Week 3:

Decision Making, Relaxation, Pain & Fatigue  
Management

### Week 4:

Better Breathing, Healthy Eating, Problem  
Solving, Communication Skills

### Week 5:

Medication Usage, Dealing with Depression ,  
Positive Thinking

### Week 6:

Working with Health Professionals,  
Looking back and Planning for the Future

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

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

### Program Benefits:

- **Develop and Apply Self Management Skills** to achieve your best health and wellness
- **Learn Tools** to set achievable goals, problem solve and manage Chronic Conditions
- **Meet People** who share similar challenges with their health and learn new Self Management Skills

### Program Overview:

- Facilitated by two trained Peer leaders
- Workshop will be 2.5 hours a week for 6 weeks in a small group of 12-15 people
- Held in a community setting
- Family member and caregivers welcome



## Living a Healthy Life Chronic Pain

### Week 1:

What is Chronic Pain, Mind Body Connection,  
Getting a Good Night's Sleep  
Action Plans

### Week 2:

Dealing with Difficult Emotions, Better  
Breathing, Fatigue Management

### Week 3:

Decision Making, Pacing and Planning

### Week 4:

Communication Skills, Healthy Eating, &  
Exercise

### Week 5:

Medications for Chronic Pain, Dealing with  
Depression, Positive Thinking

### Week 6:

Working with Health Professionals,  
Looking back and Planning for the Future

