



# Improving Health My Way

Chronic Disease Self-Management Program

Do you live with Diabetes,  
Heart Disease, Arthritis,  
Chronic Pain or any other  
**LONG TERM HEALTH  
CONDITION?**

**Join us for a FREE  
PROGRAM and learn  
ABOUT:**

**Positive thinking  
and dealing with  
difficult emotions**



**Managing  
pain & fatigue**



**Physical  
activity &  
exercise**

**Communicating  
with your health-  
care provider**



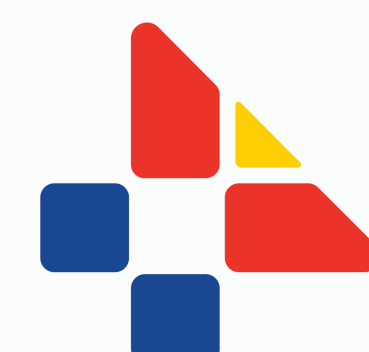
**Getting  
a good  
night's  
sleep**



**Healthy  
eating**



Offered through **Phone & In-Person!** To find  
out more call: 709-884-4282 or email  
[selfmanagement@centralhealth.nl.ca](mailto:selfmanagement@centralhealth.nl.ca)



**NL Health  
Services**