



# 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 and fatigue**



**Physical activity & exercise**

**Communicating with your health-care provider**



**Getting a good nights 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





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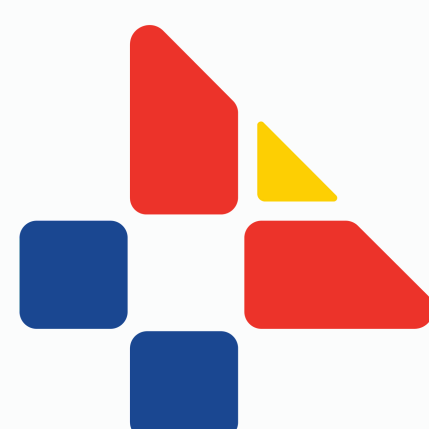
**Having a chronic health concern can cause many different and complicated emotions!**



**Learn about positive thinking and other ways to deal with difficult emotions.**

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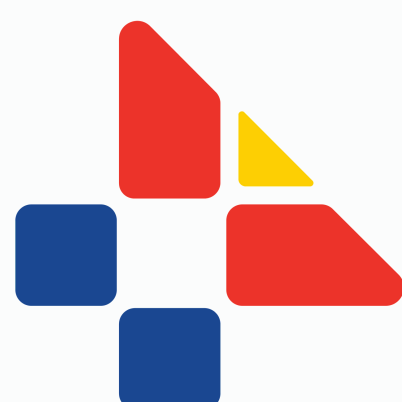


**Sleep is so important to how we feel and how healthy we are**

Good sleep can be affected by several things, such as the food we eat, our activities before bed, and the set up of our bedroom!

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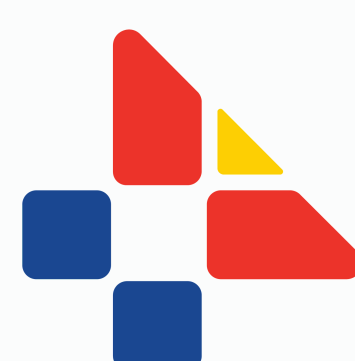


**Do you know that pain and fatigue are closely related and what you do to manage one can also help you manage the other?**

**Did you know that exercise can actually help reduce pain & fatigue?**

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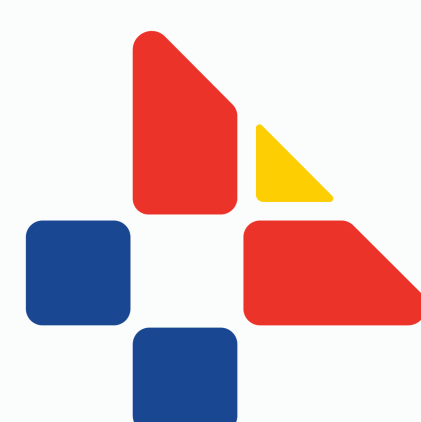


**Simply moving more can help improve your condition**

**Learn about options for physical activity and exercise that you can do**

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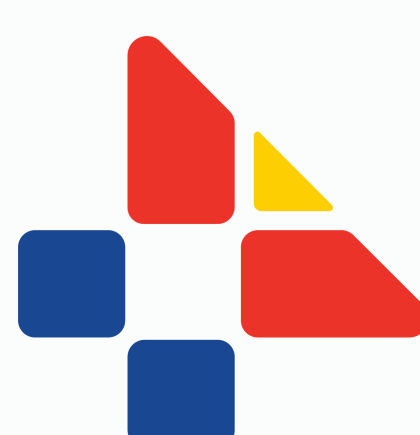
**Make the best out of your health-care appointment!**

**Learn how to better communicate with your health-care providers and get your concerns addressed**



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

**Are you confused about how to start eating healthier?**

**Gain some simple tips to help you improve**

**Learn more about how to read a label and why it can be helpful**



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