



No Fee To Attend

Chronic Disease Self-Management Workshops



Chronic Pain Self- Management

For Anyone Living With
Chronic Pain,
Support Persons & Family
Members Welcome!

**Series Offered at Various Locations in
Barrie and Area**

- A 6 week series with weekly 2 1/2 hour sessions
- Topics include:
 - Pacing and Planning
 - Medications for chronic pain
 - Fatigue & Weight Management
 - Communicating About Pain
 - An "Easy Moving Exercise Program"
- Receive a **Living A Healthy Life With Chronic Pain Book & Relaxation Tape**

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Living A Healthy Life With Chronic Conditions

For anyone with Diabetes, Arthritis,
Fibromyalgia, & Other Chronic Conditions
Support Persons and Family Members
Welcome!

**Series Offered at Various Locations in
Barrie and Surrounding Area**

- A 6 week series with weekly 2 1/2 hour sessions
- Topics include:
 - Preventing falls & Improving Balance
 - Medication usage
 - Pain & Fatigue Management
 - Physical Activity & Healthy Eating
 - Relaxation: Body Scan
- Receive a **Living A Healthy Life With Chronic Conditions Book & Relaxation Tape**

To Register Call : 705-734-9690 Ext. 291
Visit www.bchc.ca



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