



**FREE**  
6 WEEK  
WORKSHOP

# Living a Healthy Life TAKE CHARGE OF YOUR HEALTH

## **NEW – FALL 2020 - ONLINE WORKSHOPS**

Looking to find *Online Support* to help  
with your Health Condition or Chronic Pain?

### Living a Healthy Life with Chronic Conditions Workshops

Fridays, September 25 – October 30 (9:30 am – 12:00 noon)  
**or**  
Tuesdays, November 3 – December 8 (9:30 am – 12:00 noon)

### Living a Healthy Life with Chronic Pain Workshops

Wednesdays, September 23 – October 28 (9:30 am – 12:00 noon)  
**or**  
Thursdays, November 5 – December 10 (1:00 pm – 3:30 pm)

**PRE-REGISTRATION IS REQUIRED  
TO REGISTER FOR A WORKSHOP:**

TELEPHONE: 519-421-5691  
TOLL FREE: 1-855-463-5692  
EMAIL: [info@swselfmanagement.ca](mailto:info@swselfmanagement.ca)  
ONLINE: [www.swselfmanagement.ca](http://www.swselfmanagement.ca)



Register For A Workshop Here

## FREE Webinar

Safely Taking Care Of YOU



In The Time Of

**COVID-19**

**SAFE Community**



**SAFE Health Care**



**SAFE Home**



**Safe Information**



**September 10**  
(10:00 am-11:00 am)

### Overview:

This 1 hour webinar will focus on the things that people can do for themselves, their health and during healthcare appointments to stay safe in the time of COVID-19. Areas of focus include:

- *Staying safe and protecting yourself & others while out in the community*
- *Safety guidelines for in-person and in-home healthcare appointments with service providers.*
- Overview of "virtual" healthcare appointments and how to get the most from them
- Tips for staying healthy and safe at home.
- Finding reliable and accurate information related to the COVID-19 Pandemic.

The webinar will be shared and delivered using a password secured login using the zoom webinar platform. As long as you have access to a computer, tablet or mobile device for viewing and listening to the presentation you'll be able to participate.

**Cost:** Free

[Register For The Webinar Here](#)