

Your Health! Your Way!

**Are you living with a chronic condition,
or supporting someone who is?**

Sign up for a free 6-week, in-person or online, workshop series that offers support to people who have ongoing chronic health conditions, or are at risk of developing conditions like:

**High blood pressure • COPD • Heart Disease
Arthritis • Obesity • Chronic Pain
Diabetes • and others**

Participants benefit by:

- Learning to manage symptoms better
- Reaching goals by taking small steps
- Discovering tips to manage day-to-day activities
- Getting support from others with long-term health concerns
- Sharing your experiences and helping others

Contact the Chronic Conditions Support program
or visit www.hss.gov.yk.ca/calendarofevents.php
for the next available workshop dates.

Phone: 867-667-8733 • www.hss.gov.yk.ca/ccsp.php

Register for the online workshop at www.selfmanage.org/online



Yukon