

# EDUCATIONAL WORKSHOP SERIES

ONLINE

Windsor Essex Community Health Centre  
Centre de santé communautaire de Windsor Essex

**weCHC**  
Healthcare for You  
Des soins de santé pour vous

  
**Master Your Health**  
Take Charge. Live Well.

Workshops for people  
living with **Chronic Pain**

## LEARN ABOUT:

- Techniques to deal with stress, pain, depression & improve sleep
- Fatigue management, pain medications & treatments
- Light exercise to improve strength & flexibility

- \* Classes are interactive
- \* **FREE** series
- \* French language workshops available
- \* All are welcome to attend
- \* Weekly attendance is expected, sessions will not be recorded

## LEARN TO TAKE CONTROL OF YOUR HEALTH

- Build confidence
- Create personal action plans
- Deal with the everyday challenges of *living with Chronic Pain*

## UPCOMING WORKSHOP

### Online Workshop Series

Join us from the comfort of your home!

Wednesdays (7 week series)  
May 19—June 30, 2021  
1:00pm—3:30pm

### TO REGISTER PLEASE CONTACT:

Toll Free 1-855-259-3605

[https://myhcp\\_may19.eventbrite.ca](https://myhcp_may19.eventbrite.ca)



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[www.wechc.org](http://www.wechc.org)



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smartphone!