

Manage Your Diabetes With More Confidence

Diabetes Self-Management Program

6-weekly sessions | Type 2, Pre-Diabetes & Caregivers | In-Person & Virtual Options Available

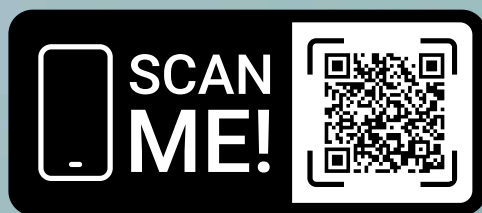
What You'll Learn:

- Nutrition: Healthy eating & menu planning.
- Monitoring: Managing blood sugar & complications.
- Self-Care: Foot care & stress management.

Included Free: "Living a Healthy Life" book & \$25 grocery gift card upon completion of workshop!

REGISTER NOW > Scan the QR code or visit norwestchc.org/cdsmp

QUESTIONS? Call Kevin at 807-626-8480



Take charge of your health, one step at a time.

Chronic Disease Self-Management Program (CDSMP) | 6-weekly sessions
In-Person & Virtual Options Available

Manage Symptoms: Deal with pain, fatigue, sleep & stress.

Live Well: Nutrition, exercise & medication tips.

Action Planning: Set goals & talk to your doctor.



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Healthy People, Empowering Communities.

Navigating Cancer Together

Cancer Thriving and Surviving Self-Management Program

6-weekly sessions | Patients, Survivors & Caregivers

What You'll Learn:

- Physical Recovery: Practical tools for managing cancer-related fatigue, neuropathy, and "chemo brain."
- Emotional Support: Strategies to cope with "scanxiety" and the fear of recurrence.
- The "New Normal": Safely rebuilding your activity levels and communicating effectively with your oncology team and loved ones.

Included Free!

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What if you could be the boss of your pain?

Chronic Pain Self-Management Program (CPSMP) 6-Week Series | In-Person & Virtual

CPSMP provides peer support and essential skills to help you break the cycle of pain and fatigue across 6 weekly sessions.

What you'll learn:

- Break the Cycle: Strategies to manage pain, fatigue, and stress.
- Find Balance: Techniques for pacing activity and rest.
- Action Planning: Set goals and talk to your doctor.

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**Ever leave the clinic
and think,**

'I forgot to ask that!'?



Getting The Most From Your Healthcare Appointment

Single Session Workshop | 90-min | Virtual/In-Person

Thursday, April 2, 11:00AM – 12:30PM

Join this focused session to learn how to advocate for yourself, prepare for visits, and ensure your concerns are heard.

What you'll learn:

- Be Prepared: Organize your questions and prioritize concerns.
- Communicate: Ask the right questions clearly and effectively.
- Take Charge: Leave your appointment with a clear action plan.

Included Free: Bonus Gift Bag for all participants and healthy treats



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