

*"I would highly recommend this program and I would love to do it again!"*  
– participant



# Take Control Take Charge!

Take Charge! is a FREE, 6 week workshop for people who live with any ongoing health condition.

- Low energy
- Arthritis
- Pain
- Diabetes
- Depression
- Heart Disease or Stroke

Are you struggling with your health condition?  
We will help you find ways to:

- manage stress
- make healthier food choices
- add exercise to your day
- get the results that you want

**Mondays, Oct.15 – Nov. 19**  
**1:30 – 4:00 pm**  
**Kitchener Downtown**  
**Community Health Centre**  
**44 Francis Street, Kitchener ON**  
**(519)745-4404 ext 242**

**Family members and caregivers are welcome to register and attend**

**For more information or to register call:**  
**1 866 337 3318**  
**Email us at [selfmanagement@langs.org](mailto:selfmanagement@langs.org)**  
**[www.wselfmanagement.ca](http://www.wselfmanagement.ca)**

This program is made available by the Ministry of Health and Long-Term Care.

Stand **UP** to Diabetes

 Waterloo Wellington  
Self-Management  
Program

 **Langs**  
Community Health, Wellness

 Ontario