



Path to Wellness

A Chronic Disease Self- Management program
offered by **ESS Support Services**

- ♦ Would you like to feel better and do more of the activities you enjoy?
- ♦ Would you like to make changes around diet or exercise but you don't know where to start?

This program is for you!

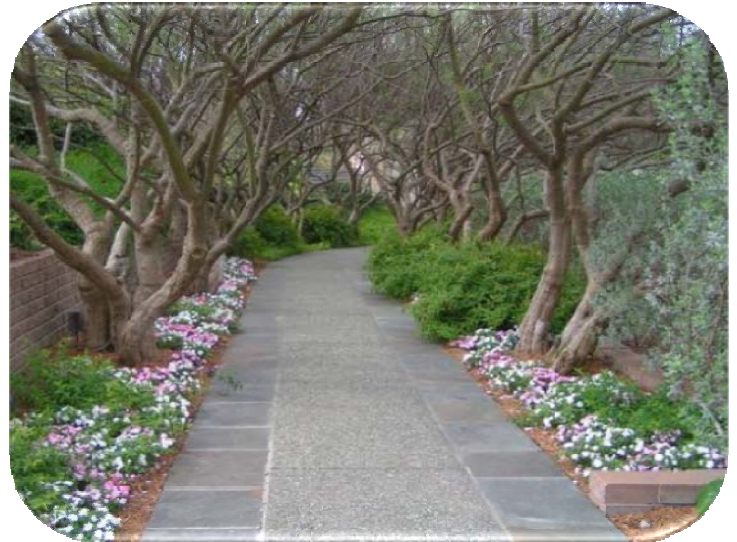
Join us every Wednesday beginning February 24, 2010 from 1:30 to 4:00 pm for 6 weeks

Free Reference Book to all participants

This project is funded in part by the Government of Canada's New Horizons for Seniors program.



and by



You will learn how to:

- Better communicate with your health professional
- Cope with pain, depression and fatigue
- Manage emotional changes
- Increase your energy levels
- Develop personal exercise and nutrition guidelines
- Set personal goals and solve problems

To register call **ESS** at **416-243-0127**
by **Monday, Feb. 22, 2010**
Register early – space is limited!