

*People with chronic health conditions face challenges every day. They must manage their medical condition and also maintain their ability to complete the everyday tasks most people take for granted.*

## How do I enter the Program?

To register or for further information please contact:

ESS Support Services  
Training & Education  
1447 Royal York Road  
Etobicoke, ON M9P 3V8

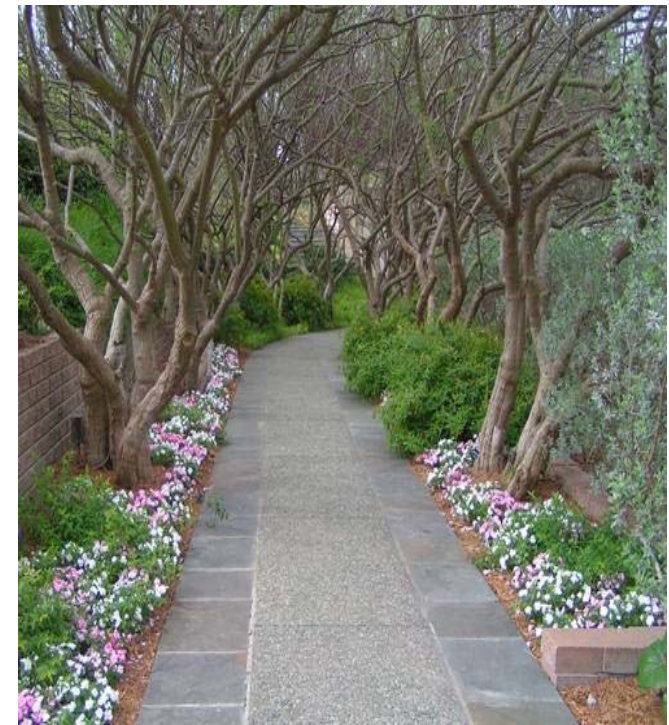
**Tel: 416-243-0127**



agency@esssupportservices.ca  
www.esssupportservices.ca

### Agency Funders

Central Local Health Integration Network  
The United Way of Greater Toronto  
City of Toronto, Community & Neighbourhood  
Services



## PATH TO WELLNESS



## A Chronic Disease Self-Management Program

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

Canada 

## What is the Path To Wellness Program?

The program is a series of six weekly sessions of 2.5 hour workshops where people living with chronic health conditions, their partners and/or caregivers come together to share, learn and practice new skills.

The program is for people living with chronic health conditions such as:

- Diabetes
- Arthritis
- Heart Disease
- Chronic Obstructive Pulmonary Disease

The workshops will be led by qualified ESS staff.



## Am I eligible for the Program?

Anyone living with an ongoing health concern or condition can benefit from this program. It is not designed for any one particular condition.

As a participant, you are eligible for the program if:

- You want to learn some practical skills to maintain and/or increase the activities in your life you most enjoy
- You are living with a chronic health condition (such as arthritis, diabetes, heart disease, respiratory diseases, stroke, hypertension)
- You are a partner or caregiver and feel you would benefit from the skills taught during the program

## What is the cost?

Path to Wellness is being offered to you at a cost of \$20.00 for the entire program. You will receive a 300-page manual filled with hundreds of proven tips, helpful suggestions and concrete strategies to deal with your chronic illness.

## How will it help me?

You will learn skills to be better able to:

- Set personal goals and solve problems
- Talk to your doctor and make informed choices
- Cope with pain and fatigue
- Develop personal exercise and nutrition guidelines
- Manage emotional changes (such as uncertainty about the future) and changes in relationships with family and friends
- Use medication effectively
- Increase your energy level

