

PEP Talk: Diabetes, Healthy Feet and You

- ◆ Do you have diabetes?
- ◆ Do you have any tingling or numbness in your feet?
- ◆ Is the shape of your feet changing?
- ◆ Do you have sores or blisters on your feet?

If you answered yes to any of these questions then the **PEP Talk** workshop is for you. It is brought to you by the Central West Self Management Program in collaboration with Wounds Canada.

The workshop is:

- ◆ FREE
- ◆ 2 hours long
- ◆ Offered throughout the community
- ◆ Led by people like you who have experienced diabetic foot ulcers. They have been trained by professionals and can help you prevent diabetic foot ulcers that can lead to amputation
- ◆ Easy to sign-up by phone or email: cdsm@williamoslerhs.ca or 1-844-269-8401



For more information about any of these programs or to register for a series in your community please contact us at:

Phone:

905-863-2574

1-844-643-7393

E-mail:

cdsm@williamoslerhs.ca

Online:

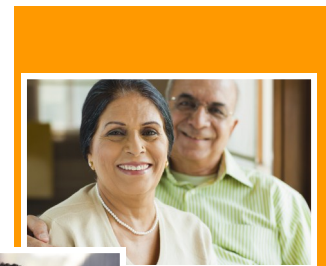
www.cwselfmanagement.ca

Funded By and Serving:

Central West LHIN

Hosted by:

William Osler Health System



Living a Healthy Life Workshops

Do You Have...

A chronic health condition such as heart disease, diabetes, arthritis or lung disease?

Learn About...

- ◆ Practical skills and tools to feel better
- ◆ Starting and maintaining exercise
- ◆ Healthy eating and managing medications
- ◆ Communicating with your health care provider
- ◆ Planning and problem solving

Join a FREE workshop series today!

- ◆ 2.5 hours a week for 6 weeks
- ◆ Open to individuals, family members and care givers



www.woundscanada.ca



Living a Healthy Life with Chronic Pain

Week 1:

What is Chronic Pain, Debunking Myths, Action Plans

Week 2:

Feedback and Problem Solving, Physical Activity, Pacing Activity and Rest, Using Mind to Manage Symptoms

Week 3:

Dealing With Difficult Emotions, Managing Fatigue and Sleep

Week 4:

Communication, Healthy Eating, Fitness and Exercise

Week 5:

Medication Management, Depression Management

Week 6:

Working with Health Professionals, Making Treatment Decisions, Planning for the Future

Living a Health Life with Chronic Conditions*

(lung, kidney, heart disease and other conditions)

Week 1:

Mindful Management, Acute vs. Chronic Conditions, Action Plans

Week 2:

Feedback and Problem Solving, Physical Activity

Week 3:

Breathing, Muscle Relaxation, Pain, Fatigue, Endurance

Week 4:

Future Planning, Communication, Problem Solving, Nutrition

Week 5:

Medication Management, Making Informed Decisions, Positive Thinking

Week 6:

Working with Health Professionals, Planning for the Future

*Also available online
www.ontarioselfmanagement.ca

Living a Healthy Life with Diabetes

Week 1:

Identifying Common Problems, Introduction to Healthy Eating, Action Plans

Week 2:

Feedback and Problem Solving, Healthy Eating Plan, Preventing Low Blood Glucose

Week 3:

Preventing and Delaying Complications, Planning Low Fat Meals, Physical Activity, Dealing with Stress

Week 4:

Dealing With Difficult Emotions, Reading Nutrition Labels, Endurance Activities, Problem Solving

Week 5:

Depression Management, Positive Thinking, Communication, Medication Usage

Week 6:

Working with Health Professionals, Foot Care, Sick Days, Planning for the Future

- ◆ Many programs offered in languages other than English
- ◆ We can bring the program to your organization



Programs offered in:

- ◆ Brampton
- ◆ Rexdale, Malton
- ◆ Dufferin County, Caledon
- ◆ Woodbridge