

Join us
and get on
YourWay to
Wellness
today!



Your Wayto Wellness

Yes! You can
live well with
chronic illness



www.yourwaytowellness.ca
yw2w@nshealth.ca
1-888-672-3444

Learn how at Your Way to Wellness
—the free program that shows you
how to take charge of your life

Did you know...

there are lots of things you can do to manage your chronic illness?

At Your Way to Wellness, you will learn how to take steps to live a healthier life. You'll meet other people who understand what you're going through—because they are, too.

Together, you'll take control, enjoy your life, and make some new friends along the way.

“This program not only changed how I manage my chronic condition but how I live my life.”

— Your Way to Wellness Program Participant

This free, six-week program will give you tools to deal with chronic conditions, such as:

- arthritis
- asthma
- diabetes
- fibromyalgia
- anxiety
- high blood pressure
- COPD
- heart disease
- depression
- and other chronic conditions

You'll learn how to:

- set goals
- solve problems
- manage your symptoms, fears, and frustrations
- enjoy a healthier, active life

Are you a caregiver of someone living with a chronic illness? You're welcome, too!


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“I learned to deal with the symptoms to strive to achieve the greatest possible physical capability and pleasure from life, positive ways to manage my illness, to keep motivated, to set goals and stick to them or do better, to call and talk to a buddy or have a buddy call me... I recommend this program to others... ”

— Your Way to Wellness Program Participant