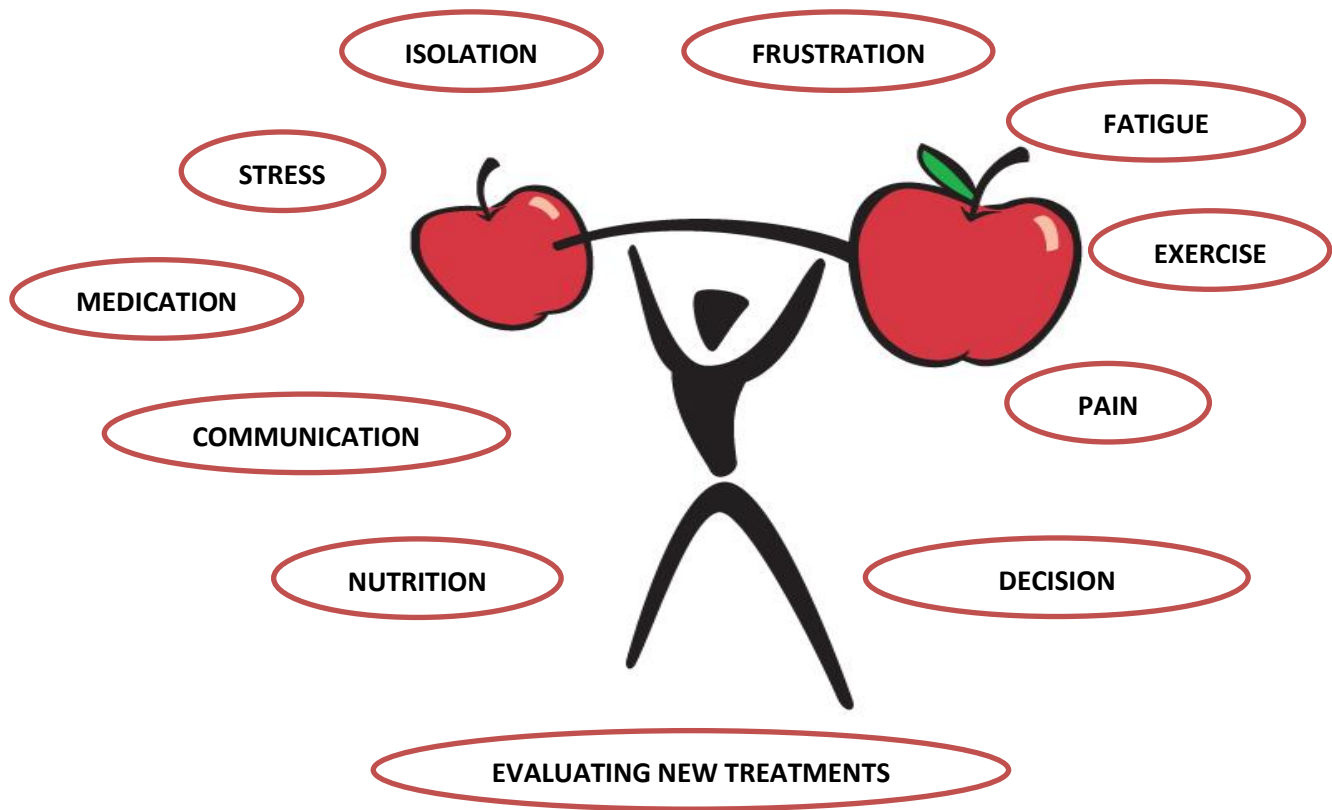


## MARKHAM FAMILY HEALTH TEAM

# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

*An evidence based workshop developed by Stanford University to address the commonly experienced symptoms/problems related to chronic health issues.*

*Tips/strategies to manage...*



### \*\*\* UPCOMING WORKSHOP \*\*\*

**WHEN:** Fridays - March 9<sup>th</sup> to April 20<sup>th</sup>, 2018 from 1:30 PM – 4:00 PM

\*\*\* Please note there will **NO WORKSHOP** on March 30<sup>th</sup> (Good Friday)

**WHERE:** Cornell Library: Program Room (Level 2) 3201 Bur Oak Ave, Markham, ON L6B 0T2

If you are interested in attending this program, please contact:  
**Jasdeep Chahal OT Reg. (Ont.) 905-471-9999 ext. 309**