

# Are You Sick and Tired of Feeling Sick and Tired?

Overcome some of the emotional and physical distress caused by your chronic condition.

Learn to Live a Healthy Life with a Chronic or Life-threatening Illness!

(such as cancer, heart, neurological, kidney + more)

**Healthy Living Now**  
Supporting Your Success

## FREE SIX WEEK WORKSHOP

Facilitated by:  
*Evergreen*  
MARKHAM STOUFFVILLE THORNHILL

### Learn strategies to help you reduce the distress of:

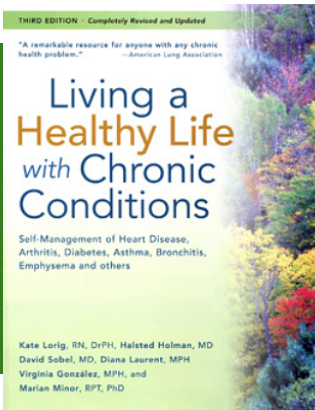
Pain and other symptoms

Difficult emotions like anxiety and depression

Poor quality sleep

Juggling nutrition and exercise

Dealing with your health care team



For more information or to register for an upcoming group call Evergreen at 416-499-2185 or email [info@evgcares.org](mailto:info@evgcares.org)  
Course runs for 6 weeks (2.5 hours per week)

Next session: Thursdays from May 18th to June 22nd from 1:00 p.m. to 3:30 p.m.

\*Registration required.

Hosted by:



Home Care Services & Community Resource Centre

The Shops on Steeles and 404  
2900 Steeles Ave E, Thornhill

**CAREGIVERS:**  
Healthy living can be compromised by caregiver responsibilities so this program is for you too!

You will receive the book,  
*Living a Healthy Life with  
Chronic Conditions*



Workshops are sponsored by the Ministry of Health and Long Term Care