

# Your Way to Wellness

Yes! You can live well  
with chronic illness



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

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