



Improving Health: *My Way*

Chronic Disease Self-Management Program for Newfoundland and Labrador

Improving Health: *My Way* Workshop Referral Form

Improving Health: My Way is a FREE chronic disease self-management program for people with chronic health conditions. Participants will join a group session with two trained leaders for 2 ½ hours a week for six weeks. They may bring along a friend, family member, or caregiver. The sessions will help participants learn to:

- live better with their chronic condition
- deal with challenges related to chronic conditions: fatigue, pain, and frustration
- communicate better with their health care professional, family, and friends
- improve strength, flexibility, and energy
- get more out of life!

Clients wishing to participate can self-refer. Professional referrals with client consent are accepted and encouraged. Please complete the information below and forward to Melanie Hiscock. Clients will be contacted to register for the next available workshop in their area.

Melanie Hiscock
 Chronic Disease Self-Management Program Coordinator
 Mount Pearl Square (Room 149C), 760 Topsail Road
 Mount Pearl, NL A1N 3J5
 709-752-3946 or toll-free 1-866-880-8998
 (Fax) 709-752-4579
selfmanagement@easternhealth.ca

Participant Information: (please print)

Name: _____

Address: _____

Phone #: _____ Email (if applicable): _____

Referral Source Information: (please print)

Name: _____

Address: _____

Phone #: _____ Email (if applicable): _____

I agree to be contacted about participating in the Improving Health: My Way Chronic Disease Self-Management Program.

Participant Signature

Date

Referral Source Signature

Date