



**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 137C), 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](mailto: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