

NOVA SCOTIA

Yes! You can  
live well with  
chronic illness

Your Way to Wellness



# FREE

## Chronic Disease Self-Management Workshop

**New Minas Baptist Church**

Every Wednesday afternoon

**May 24<sup>th</sup> - June 28<sup>th</sup>**

1:00 pm - 3:30 pm

**Register by calling Primary Health Care  
902-538-1315 or email  
[kady.myers@nshealth.ca](mailto:kady.myers@nshealth.ca)**

