



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Chronic Disease Self-Management Program (CDSMP)

This program empowers individuals with chronic conditions to enhance their quality of life through education and skill-building in 6 weekly sessions, each lasting 2.5 hours.



Dates, Times & Location

August 21 – September 25

10:00AM – 12:30PM EST

Virtual

Contact

Kevin, 807-626-8480

norwestchc.org



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Diabetes Self-Management Program (DSMP)

Learn to manage your diabetes with confidence in our 6-week group program. You'll connect with peers and gain essential skills during weekly sessions, each up to 2.5 hours long.



SCAN
ME!



Dates, Times & Location

August 16 – September 20 9:30AM – 12:00PM EST Virtual

August 20 – September 24 6:00PM – 8:30PM EST Virtual

August 22 – September 26 1:00PM – 3:30PM EST Virtual

September 4 – October 9 1:30PM – 4:00PM

In-Person @ Fort William First Nation

Contact Kevin (807) 626-8480

norwestchc.org

North West Self-Management Program

August – September

AUG
16

Diabetes Self-Management Program

Virtual @ 9:30AM – 12:00PM EST/8:30AM – 11:00AM CT

AUG
20

Diabetes Self-Management Program

Virtual @ 6:00PM – 8:30PM EST/5:00PM – 7:30PM CT

AUG
21

Chronic Disease Self-Management Program

Virtual @ 10:00AM – 12:30PM EST/9:00AM – 11:30AM CT

AUG
22

Diabetes Self-Management Program

Virtual @ 1:00PM – 3:30PM EST/12:00PM – 2:30PM CT

SEPT
4

Diabetes Self-Management Program

In-Person @ 1:30PM – 4:00PM, Fort William First Nation

To register: 1) norwestchc.org/cdsmtp
2) Call Kevin 807-626-8480



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