

CHRONIC DISEASE MANAGEMENT & SELF-MANAGEMENT PROGRAMS

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



FREE exercise programs, education, and support for adults living with chronic health conditions

In-person & virtual services offered / Registration is required

Chronic Disease Management Program — 519-997-2827 Ext. 341



Group Exercise Programs

- Therapeutic Exercise (Group & Circuit Classes)
- Upper Body Exercise
- Respiratory Wellness Exercise



Respiratory Therapy Services

- Spirometry / Medication Review / COPD & Asthma Action Plan / Education Series / Best Care Program



Occupational Therapy Services

- Falls Prevention Clinics & Sessions / Grab Bar & Home Safety Program

*Referrals to other weCHC services available, including:
Primary Health Care, Registered Dietitian, & Counselling Support*

Chronic Disease Self-Management Program — Toll Free 1-855-259-3605



Education Workshops

- Master Your Health — Chronic Conditions / Diabetes / Chronic Pain
- Diabetes, Healthy Feet, & You Powerful Tools for Caregivers



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