

CHRONIC DISEASE MANAGEMENT & SELF-MANAGEMENT PROGRAMS

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

weCHC
Healthcare for You
Des soins de santé pour vous

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



Speech-Language Therapy Services

- Communication Groups / Education Program



Occupational Therapy Services

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