

Chronic Disease Management

Help your clients manage their health on their own.



Education

weCHC offers a variety of in-person and virtual educational classes designed to help clients manage their chronic diseases on their own.

- ☑ Chronic pain (CDSMP)
- ☑ Chronic conditions (CDSMP)
- ☑ Diabetes (CDSMP)
- ☑ Foot care (CDSMP)
- ☑ Falls prevention
- ☑ Mental health
- ☑ Caregiving
- ☑ Nutrition



Professional Education

Looking to enhance your communication skills and better serve your clients? weCHC offers classes for professionals through the Chronic Disease Self-Management Program (CDSMP), scan the QR code on the back to learn more!

weCHC delivers wraparound support designed to help clients manage their chronic condition(s) on their own. All services are delivered at no-cost to our clients.

Therapeutic Exercise

weCHC offers a variety of therapeutic exercise classes designed to help clients improve their physical fitness and overall quality of life.

- ✓ Upper-Body Exercise
- ✓ Group and circuit
- ✓ Pole Walking Exercise
- ✓ Respiratory wellness
- ✓ Online and in-person
- ✓ Diabetes Exercise

**Exercise classes are available on-demand on
Cogeco Channel 11/HD700 and Youtube - @weCHC519**



Falls Prevention

weCHC Falls Prevention Team can support those at risk of falls with an assessment, connections to community resources, and education. Clients may also be eligible for a Home Safety Assessment and Grab Bar installation. Looking to host a Falls Prevention Clinic at your organization? Call 519-962-2284 ext. 341!

Some programs require clients to meet eligibility criteria, for full program information please see the referral form. Scan the QR code on the back or visit www.wechc.org!

Diabetes Wellness

Diabetes Wellness supports clients 18+ diagnosed with Type 1, Type 2, or Prediabetes, and those who care for them, manage their diabetes.

- ✓ Nutrition
- ✓ Education
- ✓ Medication management
- ✓ Insulin pump therapy
- ✓ Reaching blood sugar targets
- ✓ Foot care education

Appointments available at any weCHC location!

Certified Diabetes Educators including Registered Nurses and Registered Dietitians work together to deliver the best care.



Mental Health & Addictions

weCHC has a team of mental health professionals who strive to make a meaningful impact on our communities. They support clients with:

- ✓ Coping with mental illness and stress
- ✓ Self-harm & suicidal thoughts
- ✓ Relationship & family issues
- ✓ Coping with chronic disease
- ✓ Learning new tools to improve mental health
- ✓ Culturally appropriate care for black youth
- ✓ Making changes to substance use
- ✓ Coping with someone else's addiction

Phone, virtual and in-person appointments are available at any weCHC location!



Refer your clients via fax or Ocean and connect them with support today.

Teen Health

1361 Ouellette Ave
Suite 101
Windsor, ON
F: 226.216.5284

Diabetes Wellness

2885 Lauzon Parkway
Unit 107
Windsor, ON
F: 226.216.5174

Downtown

1200 University Ave
West
Windsor, ON
F: 226.216.5283

Leamington

33 Princess Ave
Unit 450,
Leamington, ON
F: 226.216.5178

East Windsor

2885 Lauzon Parkway
Unit 107
Windsor, ON
F: 226.216.5179

Sandwich

3325 College Ave
Windsor, ON
Main Office
F: 226.315.2053



Windsor Essex

WeCHC
Community Health Centre

