

# Is the Chronic Disease Management Program right for you?

## WOULD YOU LIKE TO:

- Improve your strength?
- Improve your walking?
- Improve your balance?
- Improve your flexibility?
- Be more active?
- Be more independent?
- Reduce pain?
- Socialize and have fun?

If you answered YES to any of these questions or you would like more information about our programs, please call:

519.997.2823 ext. 341

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

**weCHC**  
*Supporting the Vulnerable*  
*Soutien aux personnes vulnérables*

## Chronic Disease Management Program

Pickwick Plaza  
7621 Tecumseh Rd East  
Windsor, ON, N8T 3H1

Phone: 519-997-2823 ext. 341  
Fax: 519-948-7700  
[www.wechc.org](http://www.wechc.org)

We can help find the best option for you!

Supported by:  
Avec l'appui de :



**Ontario**  
Erie St. Clair Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
d'Erie St. Clair

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## CHRONIC DISEASE MANAGEMENT PROGRAM

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

[www.wechc.org](http://www.wechc.org)

## ABOUT US

As a Community Health Centre, our mission is to support the health and wellness of our vulnerable population in everything we do.

The Chronic Disease Management Program provides a variety of services for clients living with chronic diseases such as: Stroke, Respiratory Disease, Diabetes, Arthritis, MS, Parkinson's, Chronic Pain, Obesity, Heart Disease, etc.

Our goal is to assist you in staying healthy, active, safe and living at home. We can help find the best.

## CHRONIC DISEASE MANAGEMENT PROGRAM

All of our classes are designed to Improve cardiovascular endurance, strength, balance, and flexibility.

### SPECIALIZED PROGRAMS:

- Smoking Reduction/Cessation
- Falls Prevention
- Occupational Therapy
- Upper Extremity Program
- Home Safety Assessment & Grab Bar Program
- Speech Language Pathology
- Dietitian Services
- Physicians & Nurse Practitioners
- Social Work

## OUR CLASSES:

### Group and Functional Fitness

Structured classes designed to help maintain and improve fitness level.

### Therapeutic Exercise Circuits

Individualized exercises in a circuit format which can be modified based on functional level.

### Therapeutic Pool Classes

Combination of water walking and low impact exercises with in-pool assistance provided.

### Walking Programs

Indoor mall and seasonal outdoor walking programs.

### Stretch Out Stress (S.O.S.)

Gentle exercise, breathing and meditation.

**Note:** Referral from a physician is not required.

Program placement and referrals for services will be determined at time of assessment.

