

Upcoming Living Well Workshops

Workshop Type	Date	Host and Location	Accepting Registrants	Contact Information
Chronic Disease	Wednesdays May 24 - Jun 28 1:30PM - 4:00PM	Verona Medical Clinic 6582 Hwy 38, Verona	YES	Annie at the Verona Medical Clinic by calling 613-374-2077 or Meredith from the Sydenham Medical Clinic at 613-376-3327
Online Chronic Disease	Mondays Jun 5 - Jul 10 TBD	,	YES	https://ontario.enroll.selfmanage.org/
Chronic Disease	Thursdays Jul 6 - Aug 10 1:30PM - 4:00PM	Belleville and Quinte West Community Health Centre - Belleville Site 161 Bridge Street West, Belleville	YES	Elaine Radway, at (613) 962-0000 ext. 217.
Online Chronic Disease	Mondays Jul 10 - Aug 14 TBD	,	YES	https://ontario.enroll.selfmanage.org/
Chronic Pain	Tuesdays Sep 26 - Oct 31 1:30PM - 4:00PM	Seniors Association Kingston Region 56 Francis Street, Kingston	YES	613-548-7810