

Why register with the program?

- To help you take charge of your health
- To adopt and maintain a healthy and active lifestyle
- To get moving
- To make better and more balanced nutrition and dieting decisions
- To know the factors that influence your weight
- To manage your stress
- To sleep better
- To make enlightened, informed decisions when it comes to consuming tobacco, alcohol, stimulants and drugs
- To learn to live and cope with a chronic disease, and to control its progress and related symptoms



Challenge yourself by investing time for the sake of your health!

Information and registration at the local services network of your territory

Val-des-Sources	819 879-7158, p. 39606
Coaticook	819 849-9102, p. 57316
Granit	819 583-2572, p. 37834
Haut-Saint-François	819 821-4000, p. 38232
Haute-Yamaska	450 375-1692, option 2
Memphrémagog	819 843-2572, option 2 (ask to be transferred to the health intake service)
Pommerai	450 375-1692
Sherbrooke	819 780-2220, p. 48960
Val Saint-François	819 542-2777, p. 55268

santeestrie.qc.ca/caringforyourhealth

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Revision and layout

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Direction des ressources humaines, des communications et des affaires juridiques

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santeestrie.qc.ca

March 2024 – 1-6-72074

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec 



Free workshops
from health care
professionals

Québec 



What is the Caring for your Health program?

This program consists of a series of free workshops held in small groups led by health care professionals and which focus on physical activity, nutrition, stress management, sleep, behavioural change, factors that influence weight, learning to live and cope with a chronic disease, smoking, and drug, stimulant and alcohol abuse.

The program also provides:

- tobacco cessation support;
- health care assessment and monitoring for patients with a chronic disease such as diabetes, heart disease, obesity, asthma, and COPD;
- sessions at the gym with specialists for those who have or who are at great risk of having a cardiovascular disease, diabetes, or a pulmonary disease.

For whom is this program intended?

This program is intended for adults aged 18 years and older who:

- wish to adopt or modify certain lifestyle habits (nutrition, physical activities, stress, drug and alcohol abuse, use of stimulants, smoking);

OR

- have high blood pressure (hypertension), are overweight or obese, are prediabetic or have high cholesterol levels;

OR

- have a confirmed diagnosis for a chronic disease (diabetes, obesity, heart disease, asthma, chronic obstructive pulmonary disease (COPD)).

How can I participate in the workshops?

Register with the Caring for your Health program:

- by speaking to your physician or a health care professional;
- by contacting your local CLSC (see coordinates on the back side of the folder).

Once you have completed your registration, a local worker will contact you to organize your participation in the program.

