

# Life & Living Well



WINDSOR-ESSEX  
Compassion  
Care Community

## LIFE & LIVING WELL ....

- Find people who share your interests and passions, by exchanging your skills and talents with your neighbours
- Set goals and organize help to achieve what's most important to you
- Plan for future wishes
- Reach out to people you care about to break down isolation
- Build your skills to help yourself and those you care about
- Keep all your information in one place to make it easier to share with your loved ones and health care professionals
- HAVE FUN

***Social connections are important to health and help you live longer!***

**For more  
information  
contact:**

**Compassion Care  
Community**

Phone: 519-974-2581 Ext.2420

Email:  
info@weccc.ca

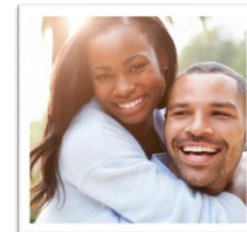
Website:  
www.weccc.ca



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## *Life & Living Well*



## *Achieve your goals and connect with your community!*

# Life and Living Well Program



**Life and Living Well** is a series of one hour sessions, giving you the tools and resources you need for living well

You will gain confidence and realize the skills that you have to contribute to stronger neighbourhoods!

- **This program can help you** take charge of your health and well-being by connecting you to the resources and people within our community to help you realize your goals.
- **You will also realize** the talents and skills that you have to contribute to a compassionate care neighbourhood.
- When it comes to your quality of life, **YOU** are the expert and only you know how care and services can be better organized to meet your needs.

## SESSIONS INCLUDE:

**Let's Live The Good Life !**  
**What Quality of Life Means to You**

**Reach Out and Touch Someone!**  
**Your Network & Circle of Support** and realizing your skills to contribute to a compassionate neighbourhood

**Let's Get Smart!**  
**Creating Life Goals and Plans** for continued enthusiasm for life and achievement!

**What do I Want?**  
How to plan for future care  
**(Advance Care Planning)**

**Learning to be a "Techy" & Other Cool Things!**  
**Using Technology to your Advantage**