

# Sail Your Own Ship

**A New Wellness Program offered by the Canadian Paraplegic Association (Alberta)**



## SAIL YOUR OWN SHIP

is a program that focuses on teaching skills to individuals with chronic health issues. Designed to assist individuals to **manage their own health and wellness** through proactive decision making and lifestyle behavior changes.

◆ Delivered over 6 weeks in 2.5 hour sessions



- ◆ Presented in a workshop format
- ◆ Facilitated by two trained leaders
- ◆ Held in an accessible community setting
- ◆ Participative
- ◆ Will provide goal setting and problem solving techniques

Four CPA (Alberta) staff members have taken the training provided by master trainers from Alberta Health Services (AHS). We will be offering workshops under the license that AHS holds to provide Stanford Training in Alberta.

Based on an education model from Stanford University, California

This exciting pilot project will be held in Calgary in the spring of 2010. The Canadian Paraplegic Association (Alberta) will be expanding the project to other regional offices of the province as soon as possible. We will be recruiting interested volunteers from our membership to take training to become leaders of the program – call us!

**For more information, contact  
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