

Living a Healthy Life with Long Term Conditions

Do you have a chronic health condition lasting six months or longer?

This free course is being conducted by ACT Health in partnership with SHOUT Inc. Carers and friends of people with chronic conditions are encouraged to attend the course. The course runs for six consecutive weeks, 2.5 hours per week.

The course includes topics such as symptom management, including pain, fatigue, anxiety, depression, shortness of breath and dealing with negative emotions. Other sessions include communicating with health providers, physical activity, healthy eating, action planning, problem solving and peer support.

The course leaders include a health professional and a person with a long-term condition who has completed leader training.

Course Schedule July to August 2017

Belconnen Library: Time: 10am to 12:30pm

Wednesday 19 July 2017

Wednesday 26 July 2017

Wednesday 2 August 2017

Wednesday 9 August 2017

Wednesday 16 August 2017

Wednesday 23 August 2017

Registration: Registrations can be made on **62059000** or [ACT Library website](#)

Phillip Community Health Centre: Time: 10am to 12:30pm

Thursday July 20 2017

Thursday July 27 2017

Thursday August 3 2017

Thursday August 10 2017

Thursday August 17 2017

Thursday August 24 2017

Registration

To register for a FREE course please contact Community Health Intake on **(02) 6207 9977** 8am to 5pm Monday to Friday, 8am to 3:30pm Wednesdays (excluding public holidays).