

# Living with a chronic condition?

Diabetes - Arthritis - Respiratory disorders - Heart disease/stroke  
Hypertension - Osteoporosis and many more.

## The workshop covers:

- ◇ Relaxation
- ◇ Symptom management
- ◇ Fitness and exercise
- ◇ Pain management
- ◇ Understanding and safe use of medications
- ◇ Effective communicating
- ◇ Depression
- ◇ Community resources and support
- ◇ Goal setting
- ◇ Problem solving
- ◇ Communicating with health professionals
- ◇ Dealing with your emotions
- ◇ Healthy eating

**In just 2.5 hours a week over 6 weeks you can improve your life by attending a...**

## ***Living Life with Chronic Conditions Workshop***

### **What can this workshop do for me?**

This workshop assists people with one or more chronic conditions to learn ways to self manage their condition and take charge of their life.

Participants will also gain practical skills and strategies which will help them cope with problems resulting from their condition.

### **How the workshop helped David...**

*"It was amazing what knowledge I gained from the workshop. It has enabled me to assume responsibility for my illness. I learnt to set goals and how to carry them out which made me feel better able to cope with my emotion and lifestyle resulting from my condition."*

The Living Life with Chronic Conditions Workshop is conducted by trained leaders in a friendly, supportive environment at a venue near you.

### **How do I enrol?**

Simply call the HealthPartners team on 9458 0505. We will be happy to answer any questions and reserve your place at a workshop near you.

