

# Moving Towards Wellness

Moving Towards Wellness is for anyone living with a long-term health condition, and the people who care for them.

Long-term health conditions include:

- \* Arthritis
- \* Osteoporosis
- \* Long-term pain
- \* Heart conditions
- \* Diabetes
- \* Cancer
- \* Breathing disorders
- \* Fibromyalgia

Groups meet weekly for 2½ hours, for 6 weeks.



The course helps people learn how to:

- \* Manage symptoms of illness
- \* Talk effectively with health professionals, carers and others
- \* Improve their healthy living skills
- \* Manage pain, fatigue & difficult emotions
- \* Learn new ways to solve issues
- \* Plan for the future

This course is run successfully around the world in several languages.

The next course will be held at:

**Venue : Quorn Health Services Meeting Room**

**Address: Quorn Health Services**

**Every Tuesday for six weeks**

**9.30am — 12.00 pm**

**Starting Tuesday 3/ 11/ 2009**

**Cost: \$15.00 (\$2.50/session)**

**Bookings are essential**

For more information or to register, please call:

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**FORHSP**

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