

Comments from past participants:

- *“The course is very useful ...”*
- *“I am more motivated to be more active”*
- *“I am more accepting of my condition and more motivated to ask for help”*
- *“I feel more positive towards achieving goals”*
- *“Thank you for the opportunity to share and avail myself of a more productive way to move forward in my life”*

Moving Towards Wellness

Enjoy life!

Living successfully with a long term health condition



A course that can help you manage your health and get the most out of life.

Moving Towards Wellness

What is 'Moving Towards Wellness'?

It can be challenging to live with a long term health condition. Often people experience problems such as fatigue, pain, breathing difficulties, sleeping problems and concerns for the future.

'Moving Towards Wellness' helps you learn how to:

- manage your symptoms
- communicate well with health professionals
- lessen your frustration
- fight fatigue
- make daily tasks easier, and
- get more out of life.

The course was developed by the Stanford Patient Education Centre in the USA. It is run by trained leaders around the world in many different languages.

Who is the course for?

The course is for anyone with a long term health condition, and the friends and relatives who care for them.

What is meant by 'long-term health condition'?

Long term health conditions last from six months to many years. They often result in people feeling less strong, physically and emotionally. They may cause problems in managing everyday life.

Examples include:

- arthritis
- diabetes
- heart disease
- lung disease
- fibromyalgia
- osteoporosis
- asthma
- the after effects of stroke
- on-going pain

How does the course work?

The course runs for 2.5 hours once a week for 6 weeks. Participants and leaders share knowledge and experience which helps everyone to develop skills and confidence in managing their health and well-being.

What does it cost?

Health services may decide to charge a nominal fee. People in financial hardship are not charged a fee.

Bookings are essential

For further information please contact:

- Your local health service, or
- Sue Dixon, Country Health SA
Ph. 8535 6800
sue.dixon2@health.sa.gov.au