

Organised by Country Health SA

Moving Towards Wellness

Moving Towards Wellness is a course 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

Currently scheduled 2009 courses are:

Port Augusta

Thursdays 18 June—30 July , 10.30am-1pm
Ph. 8648 5706, Leonie or Bianca

Mount Gambier

Thursdays 28 May—2 July , 12.30pm-3pm
Ph. 8721 1460, Peter or the OT Department

Cost: Your local health service may charge a nominal fee. People experiencing financial hardship are not charged.

Bookings are essential