

# Moving Towards Wellness

This course 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 and 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 in:

**Whyalla Hospital**

**Health In Our Hands**

**3rd floor room** (next to yellow lifts)

Every Monday for six weeks

1.30pm – 4.00 pm (approx)

Starting on 12 / October/ 2009

Cost: \$2 Donation per week or \$10 for all 6 weeks ( Includes refreshments )

**Bookings are essential**

*For more information or to register, please call*

**Health In Our Hands.**

**Ph 86488463**

**Or visit us at**

**Whyalla Hospital—3rd floor**

**Website:- [www.inourhands.com.au](http://www.inourhands.com.au)**