



# Better Health Self Management Course

## Course description

This 6 week course is for people with one or more chronic conditions e.g. arthritis, diabetes or heart disease. In a friendly, interactive group setting you will develop confidence and skills in managing your health.

## Who can attend?

Participants are welcome to bring a relative, support person, close friend or partner.

## What will I learn?

The course covers:

- Pain and fatigue management
- Getting the most from your health care team
- Healthy eating
- Safe exercise
- Dealing with emotions
- Solving health related problems
- Goal setting.

## Course details

<b>Dates:</b>	<b>Thursday 3 November 2011 - 8 December 2011</b>
<b>Location:</b>	Bentleigh Bayside Community Health Gardeners Road Bentleigh East, 3165 Melway 77 K1
<b>Time:</b>	Thursday 1:30pm – 4:00pm
<b>Cost:</b>	\$62 per participant (inclusive of textbook/course resources) \$10 for carer/support person
<b>Parking:</b>	Off street (note boom gates but no fee) or on street as per signs

**For further information contact: Program Administrator**

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