

Better Health Self-Management

A practical skills workshop for anyone
with ongoing health conditions

What is an ongoing health condition?

Ongoing health conditions are lifelong. They
are often called chronic health conditions.

Examples are:

- arthritis
- diabetes
- lung conditions
- heart conditions
- depression
- chronic pain

... and many more

They can cause pain, tiredness, lack of
energy, and breathing & sleeping problems.

Depression and anxiety is common and many
people worry about the future.

It can often be difficult to cope and do the
things you enjoy.



Why attend a workshop?

In a “Better Health” workshop you will learn:

- how to manage your symptoms
- the benefits of healthy eating and physical activity
- how to best work with your doctor and healthcare team
- how to manage difficult emotions
- how to make daily tasks easier
- how to set reachable goals
- how to get more out of life

Every workshop is led by two trained
Leaders who are Volunteers and Health
Workers often living with a chronic health
condition themselves.

We also welcome the carers and partners of
people living with a chronic health condition.



When & where

Workshops are held across the Central Coast, throughout the year.

The workshops are 2 ½ hours once a week for 6 weeks, at the same place and time.

Each week there is a break for morning or afternoon tea.

To find out more or to enrol yourself into a workshop call the team at the

SELF-MANAGEMENT

SUPPORT SERVICE

4320 9417

OR

4320 9416

WORKSHOPS ARE FREE

Are you having trouble coping and doing things you used to find easy to do?

Maybe your chronic condition is only affecting you a little.

Start doing things you enjoy!

Learn how to better manage your symptoms to get more out of life at a “better health” self- management workshop.

Increase the ideas and “tools” you have to manage your health

**TO FIND OUT MORE CONTACT THE
TEAM AT SELF-MANAGEMENT
SUPPORT SERVICE**

4320 9417

4320 9416

CCLHD-BetterHealthWorkshops@health.nsw.gov.au