



## Self-Management for Better Health

Learn how to manage symptoms in this  
practical skills workshop for anyone living  
with long term health conditions

**Self-Management for Better Health** is a 6 week workshop where we show you simple ways to better manage your long term health conditions. If you're not ready for a workshop or can't make the dates, no problem, just subscribe to our monthly newsletter to help you start your self-management journey.

<u>Date</u>	<u>Time</u>	<u>Where</u>
Monday 1 <sup>st</sup> May	10 am	Woy Woy Community Library
Wed 3 <sup>rd</sup> May	1 pm	Long Jetty Community Health Centre
Monday 8 <sup>th</sup> May	10 am	Toukley Community Hall

Workshops are FREE to attend and include morning or afternoon tea

Call our service for more information

## Self-Management Support Service

### 4320 9416 or 4320 9417

