

Live Well

Are you living with a life-long medical condition?

Join our friendly, peer-supported workshop which helps people live more positively with health conditions such as diabetes, arthritis, depression, respiratory disorders, heart disease, hypertension and osteoporosis (or any other chronic condition).

In just 2.5 hours a week over 6 weeks you can improve your life by attending this FREE workshop.

“The knowledge I gained from the workshop was amazing. It enabled me to assume responsibility for my illness. I learnt how to set goals and carry them out which made me feel better and able to cope with my emotion and lifestyle resulting from my condition.”

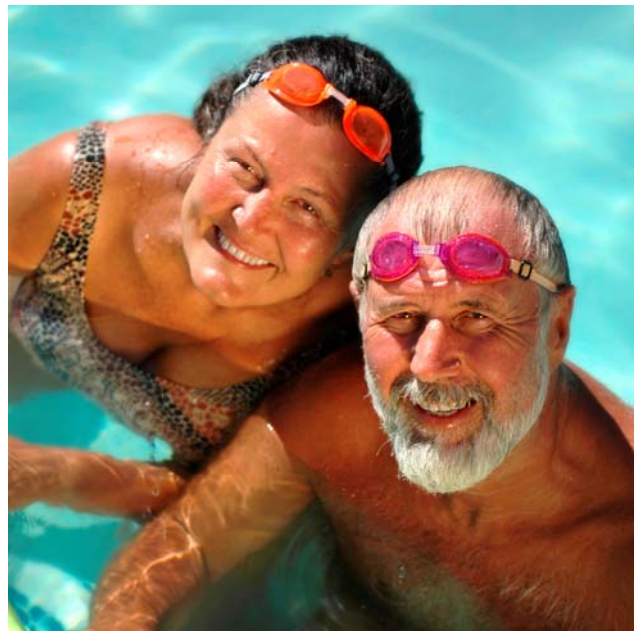
David, previous workshop attendee

Courses are held throughout the year

Time: Weekly 9:30am - 12pm

Venue: Perth North Metro Medicare Local,
137 Main Street Osborne Park

To find out the next workshop dates and enrol simply call our team on **9201 0044**. We are happy to answer any questions and reserve your place at our next workshop.



The workshop covers:

- Relaxation
- Symptom management
- Fitness & exercise
- Pain management
- Use of medicines
- Communication
- Depression
- Community resources
- Understanding your emotions
- Healthy eating