

# FOCCUS

- providing chronic conditions support in the ACT -

## Agenda 2010

Venue: The *WESTON CLUB in Western Creek* 7pm to 8.30pm

Address: 1 Liardet St Weston (off Hindmarsh Avenue)  
Free Parking, Wheel Chair Accessible

Date	Topic	Speaker	Who's Responsible?
10 Feb	<i>Coping with change &amp; dealing with grief, loss and depression.</i>	Marion Swetenham	Arthritis
10 March	<i>Pain management</i>	Randolph Sparks (Capital Rehab)	RSI
14 April	<i>Ask a rheumatologist</i>	TBA	Lupus
12 May	<i>Exercise physiologist to speak about diet and exercise</i>	Kimberly Au	Epilepsy
9 June	<i>Sleep and natural remedies</i>	Dr Stuart Miller Canberra Sleep Laboratory	ACT ME/CFSS
14 July	<i>Improving the relationship with GPs.</i>	TBA	MS
11 August	<i>Medication issues</i>	Christine Spicer (COTA peer education program)	RSI
8 September	<i>Disability pensions, healthcare cards, Centrelink and CRS</i>	Jacinta Bennet and David Rothschild	Epilepsy
13 October	<i>Alternative approaches to pain and rehabilitation such as acupuncture</i>	Dennis Yu (Capital Rehab)	Lupus
10 November	<i>Meditation and relaxation</i>	TBA	Arthritis

**Tea and Coffee Provided \$2 Charge. A member of the Weston Club must sign in all visitors.**