



“Living a Healthy Life with Long -Term Conditions” 2012 COURSE SCHEDULE

**Do you have diabetes, asthma, heart disease, arthritis, cancer,
back pain, obesity or any condition lasting longer than 6 months?**

Does it prevent you from living life as you would like?

Cause you stress? Impact on your relationships?

Arthritis ACT
phone 6288 4244
February/March
Friday 12 noon -2.30pm
February 24
March 2, 9, 16, 23 & 30

Belconnen Health Centre

February/March
Thursdays 10am-12.30pm
February 23
March 1, 8, 15, 22 & 29

May/June
Mondays 2 - 4.30 pm
May 7, 14, 21 & 28
June 4 & 18

Phillip Health Centre
February/March
Thursdays 10am-12.30pm
February 23
March 1, 8, 15, 22 & 29

May/June
Thursdays 10am-12.30pm
May 10, 17, 24, 31
June 7 & 14

**U3A COOK COMMUNITY HUB
(North Side)**
February/March
Tuesday 2 - 4.30 pm
February 21 & 28
March 6, 13, 20 & 27

**To register for Health Centre courses, or discuss course details please
phone :**

**Community Health Intake
Phone 6207 9977 between 8am-5pm Monday- Friday**