



# “Living a Healthy Life with Long -Term Conditions”

## 2010 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/Weston Creek Holder 6288 4244

**October/November:**

**Wednesdays 12.30pm-3pm.**

October 13, 20 and 27.  
November 3, 10 and 17.

### Belconnen Health Centre

**May/June: Tuesdays 10-12.30pm.**

May 4, 11, 18 and 25. June 1 and 8.

**July/August: Thursdays 10-12.30pm.**

July 22 and 29.  
August 5, 12, 19 and 26.

**October /November:**

**Tuesdays 10-12.30pm.**

October 12, 19 and 26.  
November 2, 9 and 16

### Erindale College Community Education Program or contact SHOUT Inc. 6290 1984

**October/November:**

**Tuesdays 6.30-9pm.**

October 19 and 26.  
November 2, 9, 16 and 23.

### Lake Ginninderra College Community Education Program Term 4

**October/November:**

**Wednesdays 6.30-9pm.**

October 20 and 27.  
November 3, 10, 17 and 24.

### Phillip Health Centre

**May/June: Tuesdays 2.00-4.30pm.**

May 4, 11, 18 and 25. June 1 and 8.

**July/August: Thursdays 12pm-2.30pm.**

July 22 and 29.  
August 5, 12, 19 and 26.

**October/November:**

**Thursdays 12pm-2.30pm.**

October 14, 21 and 28.  
Nov 4, 11, and 18.

### Tuggeranong Health Centre

**May/June: Thursdays 2pm-4.30pm.**

May 6, 13, 20 and 27. June 3 and 10.

**July/August: Tuesdays 10am-12.30pm.**

July 20 and 27. Aug 3, 10, 17, and 24.

**October/November:**

**Thursdays 10.00-12.30pm.**

October 14, 21 and 28.  
November 4, 11 and 18.

**To register for courses, or discuss course details please phone :**  
**Community Health Intake**  
**Phone 6207 9977 between 8am-5pm Monday- Friday**