



Blue Care Bundaberg Allied Health
1A River Tce
PO Box 952
Bundaberg Q. 4670
P: 07 41530 104
F: 07 4151 8548
E: h.zigterman@bluecare.org.au
www.bluecare.org.au

SELF MANAGEMENT COURSES FOR 2012

ARTHRITIS SELF MANAGEMENT COURSE

31st January 2012 to 6th March 2012
Every Tuesday morning for 6 weeks from 0930 am to 1200 noon

Designed to give the skills to lead an active and satisfying life despite having Arthritis

Studies have shown that participants completing this course:

- Experience less pain and depression
- Have less frequent doctor visits
- Are physically and socially more active

CHRONIC CONDITIONS SELF MANAGEMENT COURSE

1st May 2012 to 5th June 2012
Every Tuesday morning for 6 weeks from 0930 am to 1200 noon

Aimed at any person who has one or more long-term health conditions such as Arthritis, Heart Disease, Stroke, Diabetes or other chronic conditions

Studies have shown that participants completing this course :

- Improve well-being and quality of life
- Improve and sustain health gains
- Use medications more effectively

Course numbers are limited so contact us on 07 4153 0104 to secure your place. Application forms and further information will be mailed prior to courses commencing.

Under the Auspices of the Arthritis Foundation of QLD

