

North Burnett Healthy Lifestyle Group Programs
January – December 2010

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
GAYNDAH			Living Strong		TCLW Mon 3rd			Lighten Up		TCLW Mon 4th		
BIGGENDEN				Lighten Up			TCLW Wed 7th					
EIDSVOLD		Living Strong					TCLW Thurs 8th		Lighten Up			
MONTO		Lighten Up			TCLW Thurs 6 th					TCLW Thurs 7 th		
MUNDUBERRA			TCLW Mon 8th						Lighten Up			

Lighten Up and **Living Strong** -- Group Based Healthy Lifestyle Programs developed by Qld Health. Designed for men and women over 18yrs who want to improve their health, manage their weight and are reasonably mobile. **Living Strong is designed for Indigenous men and women.**

For bookings or more information: Contact Cathy O'Mullan (GP Links Wide Bay) 0448 119636 or 4151 0814.

Take Charge, Live Well (TCLW) –is a group based **chronic disease self management program** developed by the Stanford Patient Education Research Center. Run over 6 weeks (21/2 hrs/week) by the Qld Health Rural Allied Health Service it is available to people of any age with various chronic health problems and is designed to enhance existing programs or disease specific education. Includes topics such as pain, fatigue and emotion management, goal setting, appropriate use of medications, communication, nutrition, and use of community resources.

For bookings: Contact Gayndah Community Health 41613571, further inquiries to Lisa Baker.