



Do you have a health condition that has lasted more than 3 months? Is it effecting your quality of life?

Take Control – Live Well is a FREE 3-week group program for adults in the ACT who have a chronic condition. It helps you find ways to reach your health goals and manage your condition. Connect with others in a safe and welcoming space.

You will learn how to:

- get the best out of your health appointments.
- look after your mental and physical health.
- find reliable health information.
- set and achieve your health goals.
- find local support services.

After the 3-week program, you will have:

- a plan to reach your health goals.
- a program book of resources to take home.
- the option to receive SMS support for up to 3 months.

Take Control – Live Well is run:

	<p>or</p>	
<p>In person:</p> <ul style="list-style-type: none"> • 1 session a week for 3 weeks. • Each session is 2.5 hours long. • Groups run at different locations. 		<p>Online:</p> <ul style="list-style-type: none"> • 1 session a week for 3 weeks. • Each session is 2 hours long.

A carer or support person is welcome to attend the program with you.

To ask questions email SelfManagement@act.gov.au.

To book your spot in Take Control – Live Well:

	<p>or</p>	
<p>Call Central Health Intake on 02 5124 9977.</p>		<p>Use the MyDHR app or website.</p> <p>Click 'Book an Appointment' under the Menu.</p>

The next programs will start at:

- Belconnen Community Health Centre on Monday 5 February 2024 at 1pm.
- Phillip Community Health Centre on Tuesday 9 April 2024 at 9:30am.
- Online on Wednesday 8 May 2024 at 4:30pm.

For more information, scan the QR code below or go to canberrahealthservices.act.gov.au.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility
Call (02) 5124 0000



Call 131 450

canberrahealthservices.act.gov.au/accessibility

