When:
9:30 - 11:30am
First Friday of every month

Where:
Ozcare Conference Rooms
32 Victoria St, Mackay

Simply drop in to the meeting, or for more information contact:

Beth Wallace: 4942 5574
0402 573 810
DougBethw@bigpond.com

Anne Weller: 4952 2260
0427 122 260

Cheryl Zunker: 4959 8725
cczunker@gmail.com

Chronic Conditions Group

Learn how to self-manage your condition;
Meet new people and
Have a chat
What is a chronic condition/disease?
A chronic disease is one lasting 3 months or more. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear. Chronic conditions can include:
- Arthritis
- Persistent Back/joint pain
- Heart disease
- Epilepsy
- Osteoporosis
- Chronic obstructive pulmonary disease (COPD)
- Kidney disease
- Stroke
- Diabetes

Chronic or long-term illness and its treatment pose special problems. These include:
- Understanding the condition and the available treatments.
- Learning how to self-manage the requirements of the conditions to stay as well as possible.
- Managing the physical and emotional effects of the illness
- Maintaining clear communication with GP's and specialists
- Adjustment to having a permanent health condition.

How will the Chronic Conditions Group help me?
This group's aim is to assist with:
- Improving group members' knowledge and skills in the self-management of chronic conditions
- Providing guidance on where to seek assistance to get queries answered
- Emotional support to adjust to new conditions
- Building skills and learning new tools for general well-being
- Learning from others' experiences

Guest presenters come to the monthly meetings.
Some of the areas discussed include:
- Managing fatigue
- Managing pain
- Working with health professionals
- Making changes to diet and exercise
- Managing flare-ups
- Problem solving
- Medication use
- Supports and assistance in the community

This group is recommended for anyone with any chronic health condition

We look forward to seeing you at the group!