



Better Health Self Management Course

Do you have a long term health condition?

Learn how to get more out of your life

- What** Learn how to manage your long term health condition/s, such as arthritis, diabetes, depression, back-pain, or any chronic condition.
- Where** Ballarat Community Health Centre
260 Vickers Street Sebastopol
- When** Mondays
Time: 10.00am–12:30pm
15th February –29th March 2010
- Cost** \$30 for the six week course.

Further information

5338 4500

www.bchc.org.au