



FREE HEALTH SEMINARS

For people with long-term health conditions, but everyone is welcome.

Living and Exercising with a Long-Term Condition

- **Tuesday 23 February** 5:30pm — 7pm **Venue:** Online via Zoom
- With Janine Robertson, qualified exercise instructor

Looking After Your Feet

- **Tuesday 30 March** 7pm — 8:30pm **Venue:** Online via Zoom
- With Ricky Lee, registered podiatrist

Gut Health

- **Wednesday 21 April** 6pm — 7:30pm **Venue:** Hackett
- With Linda Smillie, accredited practising dietitian

Managing Anxiety or Depression

- **Tuesday 18 May** 6pm — 7:30pm **Venue:** Hackett
- With Marshall O'Brien, register psychologist

Having a Good Night's Sleep

- **Tuesday 14 September** 6pm — 7:30pm **Venue:** Zoom
- With Grant Willson, registered physiotherapist

Advocating for Yourself and Your Health

- **Wednesday 13 October** 6pm — 7:30pm **Venue:** Hackett
- With Advocacy for Inclusion

Meditation and Mindfulness to Support Overall Health

- **Wednesday 17 November** 6pm — 7:30pm **Venue:** Zoom
- With Megan Layton, accredited mental health social worker

While registered health practitioners may provide health advice at these seminars, we encourage people to check with their own health practitioner before starting anything new. They will know your history and your condition.

To RSVP or for more information on these seminars, please contact
Health Care Consumers' Association
Venues: 100 Maitland St, Hackett (HCCA)

Health Care Consumers' Association (HCCA) Phone: 02 6230 7800 Email: reps@hcca.org.au