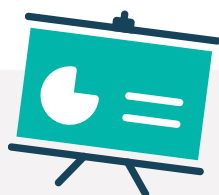


Managing Your Health

Free Health Seminars with Qualified Professionals

These seminars are designed for people living with long term health conditions, but anyone is welcome to come along and learn to support their health. All presenters are registered professionals in their field.

Dates and Topics



Looking after Your Feet

with Ricky Lee of the Walking Clinic,
Registered Podiatrist

Time: 6:00pm-7:30pm, 5 April 2022

Venue: HCCA, Hackett

Getting a Good Nights Sleep

with Dr Grant Willson,
Registered Physiotherapist

Time: 6:00pm-7:30pm, 11 May 2022

Venue: Online via Zoom

Exercising with Chronic Conditions

with Peter Johns, Accredited Exercise
Physiologist

Time: 6:00pm-7:30pm, 21 June 2022

Venue: Online via Zoom

Managing Chronic Pain

with Chris Cousin, Registered
Physiotherapist and Vicki Coghlan,
Registered Psychologist

Time: 6:00pm-7:30pm, 20 July 2022

Venue: Online via Zoom

Gut Health for Overall Health

with Emilia Roberts, Accredited
Practising Dietitian

Time: 6:00pm-7:30pm, 16 August 2022

Venue: Online via Zoom

Managing Your Mental Wellbeing

with Megan Layton, Accredited Mental
Health Social Worker

Time: 6:00pm-7:30pm, 12 October 2022

Venue: Online via Zoom

To register, go to hcca-act.eventbrite.com, scan the QR code
or contact us: adminofficer@hcca.org.au or 02 6230 7800

