

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. Presenters are registered professionals in their field or students under supervision of a registered professional.

Dates and Topics



Getting a Good Night's Sleep

with Dr Grant Willson,

Registered Physiotherapist

Time: 6:00-7:30pm, 4 May 2023

Venue: Online via Zoom

Exercising with Chronic Conditions

with University of Canberra Health Clinic

Time: 6:00-7:30pm 1 June 2023

Venue: Online via Zoom

Managing Chronic Pain

hosted by Pain Support ACT/Arthritis ACT

Time: July 2023 (date and time to be advised)

Venue: Online via Zoom

Gut Health for Overall Health

with University of Canberra Health Clinic

Time: 6:00-7:30pm, 3 August 2023

Venue: Online via Zoom

Using mindfulness to work with physical and emotional pain

with Megan Layton, Accredited Mental Health Social Worker

Time: 6:00-7:30pm, 7 September 2023

Venue: Online via Zoom

Looking after Your Feet

with Ricky Lee of the Walking Clinic, Registered Podiatrist

Time: 6:00-7:30pm, 5 October 2023

Venue: Online via Zoom

Self-advocacy in health care

with experienced HCCA members

Time: 6:00-7:30pm 2 November 2023

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

