

Free Health Sessions for Community Groups



Book a **free** talk or workshop to help your community get what they need from the health system! HCCA can run sessions online or in-person and adapt these for your group - whether it's a coffee catch-up, support group or education program.

Contact us to book a session or go to hcca.org.au/events to see our public sessions!

Topics include...

Using the Health System



Learn about different types of health services in the ACT and how to choose the right service at the right time.

Finding Trusted Health Information



Get tips on how to find useful, relevant and trusted sources of information online and how to spot misinformation.

Managing Your Medicines



Find out what you should ask about medicines, generics vs brand names, medicine safety and ways to manage your medicines day-to-day.

Making the Most of Your Appointment



Tips and tools to help you partner with your health practitioner and confidently manage your medical records.

Your Rights in Health Care



Build knowledge and skills to stand up for your rights in health care and where to go for support.

Staying Safe in Hospital



Learn how to plan for a hospital stay, know the risks in health care, tips for being heard and ways to help you stay safe.

Stretching Your Health Dollar



Find ways to save money in the health system. Covers bulk-billing doctors, allied health, walk-in centres, health insurance and more.

Advance Care Planning



Find out how to share your health care choices with your loved ones and health care workers if you couldn't speak for yourself.

Don't see what you're looking for? Ask us about a tailored session!

hcca.org.au

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