


Living Well Series

Our Living Well series is a two-session program connecting those with a chronic health condition to allied health & community services to support individuals to live well. In this program, you will:

- Be referred to subsidised services including domestic assistance, podiatry, dental, personal care etc
- Learn skills to improve day-to-day functioning with an occupational therapy group session
- Learn how diet can interact with your condition with a dietetics group session
- Build knowledge about physical movement and exercise with a physiotherapy group session
- Hear about the support and funding available for carers
- Receive a food parcel from a local food relief organisation
- Connect with others in a supportive group environment


Living Well with Chronic Fatigue (ME/CFS) or Long COVID

 Tuesday 8 and 25 June

 10.00am - 12.30pm

 healthAbility Box Hill
2/43 Carrington Rd, Box Hill

 Free

 Those under 65 years who have the relevant condition and their carers.

Bookings: Antoinette Rhodes 0426 243 990 or antoinette.rhodes@healthability.org.au
Bookings are essential and places are limited.

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

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