

A Stanford Chronic Disease
Self-Management Program



Health
Central Coast
Local Health District

Better Health Self-Management

A practical skills workshop for anyone
with ongoing health conditions

2020 Workshop Calendar

Date	Time	Where
April Thursday 23 rd	10am	Health Promotion Office, Gosford CBD
May Wednesday 13 th	10am	Lake Haven Community Health Centre
July Tuesday 28 th	1pm	Woy Woy Library
August Tuesday 11 th	10am	Erina Community Health Centre

Better Health workshops run for 2 ½ hours weekly, for 6 weeks

You can also learn more about self-managing a chronic illness at a
“Better Health” information session – call us for dates

Please call for more information

Self-Management Support Service

4320 9416 and 4320 9417

