



Chronic Care for
Aboriginal People




Health
Western Sydney
Local Health District



STANFORD Chronic Disease Self-Management Program

Is a **FREE** 6 week program, where each session will run for 2.5hrs for people who are sick with or have problems with Diabetes (sugar), Cardiac (heart disease, stroke, high blood pressure), Asthma (lung disease) or COPD (breathing).

The workshops will be held at:

BLACKETT	WEDNESDAY's	10:00am-12:30pm	Marrin Weejali Aboriginal Corporation 79-81 Jersey Road BLACKETT NSW 2770 9628 3031 
	6 th April 2016 13 th April 2016 20 th April 2016 27 th April 2016 4 th May 2016 11 th May 2016		

It's a **FREE** service covering key topics to help you to learn healthy ways on how to manage your health condition/s as well as improve your overall understanding of health.

Morning Tea provided!!



For further information contact
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