Manage Better, Feel Stronger

Our Manage Better, Feel Stronger courses are FREE 6-week long programmes, designed to help you and your family cope better with long-term health conditions.

JULY - SEPT 2024 INTAKE NOW OPEN

6-WEEK, IN PERSON PROGRAMMES: 10AM-12:30PM

MANUREWA DIABETES	Nathan Homestead, 70 Hill Road, Manurewa Thursdays, 15th August
MANGERE GENERIC	Mangere Old School Hall, 299 Kirkbride Rd, Mangere Thursdays, 8th August
OTARA DIABETES	Starcare Centre, 120 East Tamaki Rd, Otara, Level 1 Wednesdays, 14th August
RANUI GENERIC	Ranui Community Centre, 474 Swanson Rd, Ranui Fridays, 2nd August

ZOOM PROGRAMMES

CHRONIC PAIN 10am - 12:30pm 6 consecutive weeks	Tuesdays, 20th August
DIABETES 10am - 12:30pm 6 consecutive weeks	Tuesdays, 20th August
MANAGE BETTER TOGETHER Tuesdays, 6pm-7.30pm 4 consecutive weeks	Tuesdays, 9th July

SMRC Self-Management Resource Center

TOTAL HEALTHCARE Diversity Equity Wellness

Local Doctors

Tāmaki Health

Join our 6-week Manage Better, Feel Stronger Course

The self-management course is for anyone who has a long-term condition (physical and/or mental health), and for caregivers of someone with a long-term condition, such as:

- Diabetes, asthma, arthritis, gout
- Heart disease, high blood pressure
- Depression, anxiety, stress

The course provides a self-management tool kit of support and information for:

- Healthy eating, physical activity, sleep
- Action planning, problem solving, decision making
- Communication, understanding emotions
- Medication, working with providers

People who attend the courses have reported:

- Better understanding of health behaviours
- Improved social life, sleep and reduced levels of pain
- Better understanding of diabetes and chronic pain
- Improved quality of life and confidence to take care of themselves and others

FREE for registered patients.
Courses available Auckland wide and via Zoom.

"It is way easier to log in, make a coffee and not have to leave the house" (Zoom Course)

"I gained confidence to talk to my doctor and family about my health" (In-person course)

"It felt like I was on the course physically" (Zoom Course).

"This course has been healing for my physical and emotional self" (In-person course)

INTERESTED?

Ask your doctor, nurse, wellness advisor, health coach, or get in touch with:
Rita - SME Team Lead
09 274 7823 ext 9540 | 027 836 5413
rita.tai@tamakihealth.co.nz

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