Health and wellbeing is much more than just the absence of disease or illness. It is a complex combination of biological, psychological, emotional and social health factors.

Independence Australia recognises the significant impact of physical disability on personal health and wellbeing. Given this, we offer a range of short group programs and workshops to assist our clients to maximise their health and wellbeing, and as a result enhancing their quality of life.

We can receive an overload of information regarding our health and wellbeing from a range of health professionals. However, being able to actively manage and utilise all this information can sometimes be overwhelming.

This workshop series aims to assist people living with a disability in developing skills and knowledge to be an active participant in managing their own health and wellbeing.

**KEY LEARNING OUTCOMES**

- Keep records to help you monitor relevant information and increase control over your health and wellbeing
- Understand the processes and steps to enable you to set and achieve your health and wellbeing goals
- Better manage stress, anxiety, mood and pain!
- Be more confident in communicating with people integral to your health and wellbeing journey

**START DATE**
From June 2015.

**DURATION**
6 weekly workshop sessions.

**COST**
Free

**EXTRA INFORMATION**
Lunch provided. Clients will need to organise their own transport to sessions and a support worker, if required.

**LOCATIONS**
Collingwood and regional locations as demand requires.

**REGISTER YOUR INTEREST**
03 9418 0480