



# Be Well, Live Well

Practical and science-backed strategies to develop habits and behaviours that improve health and prevent chronic illness.

Do you have a chronic health condition like diabetes, heart disease, cancer or arthritis ?



Do you have risk factors such as high blood pressure, cholesterol, or excess weight ?



Do you require support to make long term lifestyle changes to improve your health and wellbeing ?

Be Well Live Well is a group program that runs for 8 x 2 hour sessions

Presented by a Physiotherapist, Dietitian, Nurse, Occupational Therapist and an Exercise Physiologist.

Includes information, discussion, learning new skills and introduction to different types of exercise.

## When:

**Mondays, 1:00 - 3:00pm**

4th, 11th September  
2nd, 16th, 23rd, 30th Oct  
13th, 27th November, 2023

## Where:

**Merri Health**  
93 Bell Street, Coburg

## What you need:

- An assessment before the program starts (in late July or August)
- Comfortable clothing, shoes and a water bottle
- Medications or devices you may need before, during or after exercise

## Contact:

Rosy Strong, Physiotherapist  
**Ph:** 1300 637 744  
**E:** [rosy.strong@merrihealth.org.au](mailto:rosy.strong@merrihealth.org.au)

## Cost:

\$5 or \$8



## Participant Information

**Be Well Live Well** is a program that aims to support you to make long term lifestyle changes (however small or large) that will have a positive impact on your health and wellbeing.

It is a very active process which uses many evidence-based behaviour change techniques including motivational interviewing (MI), goal setting, action planning and elements of Acceptance and Commitment Therapy (ACT). It's not just talking about your problems and giving advice. Our aim is to partner up, work together as a team and help you live a healthier life.

During the program, you will learn new skills to help you overcome barriers and take better care of your health, while at the same time accept what is out of your personal control.

We will also discuss values, finding out what is really important to you, and what strengths and qualities can help you take steps towards a healthier life.

After each session, we'd like you to leave with an action plan, something practical and specific you can do to actively improve your health.

Change is not always easy, it will feel uncomfortable at times, it may even seem like a roller-coaster ride, but our team are here to support you along the way.

We will be trying out new skills such as mindfulness and physical activities that may take you out of your comfort zone - but you never have to do them. Please feel free to say no, or sit out at any time.