

# Welcome to our Manage Better Courses

Manage Better Health courses are a FREE 6 week program to help you and your family cope better with long term health conditions. These courses are useful for anyone who has a long term health problem such as diabetes, pain, depression, arthritis, anxiety or heart problems to learn more about their health, meet new people, and learn new skills, in a friendly, welcoming environment

**All our courses start at 10am - 12:30pm (exception to Evening)**

## South Auckland

**Otara** STARcare Centre, 120 East Tamaki Road, Otara (Level 1)  
GENERIC Wednesday 16<sup>th</sup> October 2019  
EVENING DIABETES Wednesday 23<sup>rd</sup> October 2019 6pm – 8:30pm

**Dawson Rd** Dawson Rd Clinic 124 Dawson Road, Flat Bush (Level 1)  
DIABETES Friday 18<sup>th</sup> October 2019

**Mangere** Mangere East Community Centre 372 Massey Rd, Mangere  
DIABETES Thursday 24<sup>th</sup> October 2019

**Manurewa** Nathan Homestead 70 Hill Road, Manurewa  
GENERIC Wednesday 30<sup>th</sup> October 2019

## Central Auckland

**Glen Innes** Te Oro Music & Art Centre 98 Line Road, Glen Innes  
TONGAN GENERIC Friday 18<sup>th</sup> October 2019  
GENERIC Wednesday 30<sup>th</sup> October 2019

## West Auckland

**Hub West** Hub WEST Community Centre, 27 Corban Avenue, Henderson  
GENERIC Friday 18<sup>th</sup> October 2019

**Ranui** Ranui Community Center, 474 Swanson Rd, Ranui  
CHRONIC PAIN Friday 25<sup>th</sup> October 2019

## Christmas 2019 - 2020

**Otara** STARcare Centre, 120 East Tamaki Road, Otara (Level 1)  
GENERIC Wednesday 4<sup>th</sup> December 2019 (3 weeks)  
Wednesday 8<sup>th</sup> January 2020 (3 weeks)

Register with Rita (ph) 2747823 extn 9540 or Txt: full name to 027 836 5413

Email: [rita.tai@tamakihealth.co.nz](mailto:rita.tai@tamakihealth.co.nz)



# MANAGE BETTER COURSES

The *Manage Better Course* will provide you with helpful health information in a friendly environment with others who understand how you feel. The courses are useful for anyone who has a long term health problem such as arthritis, diabetes, heart problems, anxiety or depression.

We currently hold courses at the following locations:

- **STARcare Centre** (above Otara Mall clinic)
- **Dawson Road**
- **Glen Innes**
- **Manurewa**
- **Henderson**
- **Mangere**

We also run courses in different languages:

- **Hindi course**
- **Tongan course**

Condition specific courses:

- **Chronic Pain course**
- **Diabetes Course**

Evening course locations:

- **STARcare Centre** (above Otara Mall Clinic)

The Manage Better Course was developed at Stanford University, USA [www.selfmanagementresources.com](http://www.selfmanagementresources.com)

**Courses are 2 ½ hours once a week for 6 week**

**FREE Course and FREE cuppa!**

These courses have been provided by health services around the world for more than twenty years. There is ongoing evidence that suggests that people who have attended these courses experience:

- ✓ Less pain
- ✓ Better sleep,
- ✓ Less depressed feelings
- ✓ More confidence to take care of themselves and their families

## Participant feedback

"This course has been healing for my physical and emotional self"

"Great way to learn tools and skills to manage my health problems"

"I gained confidence to talk to my doctor and family about my health"

**Tāmaki Health** ✓

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