



So Long COVID?!

Your Community Health invites you to join an information and peer support group for people with Long COVID.

The 6 week program is for people with confirmed Long COVID. The program will give you tips for managing Long COVID symptoms and connect you with people who may be in a similar situation.

Please note: So Long COVID?! does not replace your usual medical care and we encourage you to maintain medical appointments.

Topics covered by our Physiotherapists, Occupational Therapists, Nurses, Counsellors and Dietitians include:

- Pacing your activities
- Getting better sleep
- Ways to manage your everyday activities
- Healthy eating
- Physical activity
- Managing anxiety and foster wellbeing



Weekly group session on Tuesdays for 6 weeks commencing 16 April 2024



1pm-2pm



Your Community Health Centre: PANCH 300 Bell St, Preston. You can also join via video conference.



Gold coin donation for each group session. Service fee, as per our fee structure, for onsite pre and post assessments: yourch.org.au/about-us/fees



Registration and more information please contact Gabrielle Bennett, Community Health Nurse on 8470 1111 or email referrals@yourch.org.au