

How does it work?

A trained Multicultural Health Worker who speaks your language works with you over 3 sessions in Chronic Disease self-management. Currently working in the following communities:

A RABIC SPEAKING

P ACIFIC & SOUTH SEA
ISLANDER

M YANMAR

C HINESE

A FGHAN

B HUTANESE

FREE ONE-ON-ONE OR

SMALL GROUP

INTERACTIVE SESSIONS

Ethnic Communities Council of Queensland— Chronic Disease Program

**261 Boundary Street, West End QLD
4101**

Phone: 07 32551540

Fax: 07 3846 4453

Web: www.eccq.com.au

Health

ECCQ's Chronic Disease Program has been delivering culturally appropriate preventative care since 2007.

Our team of Bilingual Multicultural Health Workers ensure communities we work with receive culturally appropriate information and support to live healthy lifestyles and to prevent or self-manage chronic disease.

This activity is supported by funding from the Australian Government under the PHN Program



**Ethnic Communities
Council of Queensland**



An Australian Government Initiative



**Ethnic Communities
Council of Queensland**

Health Navigation

The Health Navigation Project is a program that helps you to learn how to control your risk and manage your chronic disease/s.

The program includes three, one-on-one/small group sessions in your local area or places convenient for you

Sessions cover:

- Goals, problem solving, chronic disease and health service education
- Risk management, physical activity and alcohol habits
- Healthy eating, smoking and self-management



Who is Eligible?

- Do you live in the Metro North?



- Are you over the age of 18?
- Do you suffer from a chronic disease or have been told you are at risk of developing one?

To see if you are eligible contact:
The Ethnic Communities Council of Queensland

Phone: 07 3255 1540

Web: www.eccq.com.au

Email: administration@eccq.com.au



A person's health is crucial to their complete physical, mental and social well-being.

At ECCQ we believe that all people should have access to health information and services that are culturally appropriate, and relevant to their needs.

3 free
sessions!