

LiverWELL Coaching

20th October – 17th November, 10am-12pm

Are you living with or have lived experience of a
liver condition?

Hepatitis | Fatty liver | Cirrhosis | Liver Health

Learn how to better manage living life with chronic
liver disease and learn about a range of topics

Program

Session 0 – Introductions & navigating the health system (Oct 20)

Session 1 – Diet and Nutrition (Oct 27)

Session 2 – Exercise and Fitness (Nov 3)

Session 3 – Thoughts and Emotions & Sleep Hygiene (Nov 10)

Session 4 – Medication Management, Alcohol & Other Drugs (Nov 17)

Venue: Hepatitis Victoria, 5/200 Sydney Road Brunswick



REGISTER: www.hepvic.org.au/liverwellcoaching

Alternatively email will@hepvic.org.au

Call 9385 9144

HEPATITIS VICTORIA