

# My Liver Health Program

Free health coaching sessions for management of liver-related diseases.

Join us to gain insight on how to manage your liver condition, and get tips for self care, as well as staying healthy (especially during the pandemic). Hear from experts and those with lived experience of liver conditions.

All those who register go in the draw to win a lucky prize!



MARCH 15TH-29TH, 2022  
12:00-1:00PM

Session 1: Health Literacy & Goal Setting

Session 2: Eating Well

Session 3: Getting Active

Session 4: Drinking Aware

Session 5: Feeling Well



Register Here

Register: [liverwell.org.au/liverwell-health-coaching](https://liverwell.org.au/liverwell-health-coaching)  
Enquiries: [pearl@liverwell.org.au](mailto:pearl@liverwell.org.au)

**LiverWELL**  
Incorporating HEPATITISVICTORIA

SUPPORT

COMMUNITY

SHARING

UNDERSTANDING

NETWORKING

INFORMATION