

Part of Our Community

WellMe



LivingWell
COUNSELLING CENTRE

Te Whare Whai Oranga

at the Living Well Counselling Centre which donates the use of their conference room.

Meetings are informal. Often, informative and educational guest speakers attend. Tea and coffee is free, members bring their lunch. No one keeps tabs on how often people attend, members come when they feel they're able.

Anyone wanting more information can contact Jude Dickie, the Support Coordinator, Ph 0800 600 113 or email: information@wellme.org.nz, Visit www.wellmecfs.wordpress.com.

Attend WellMe's monthly meeting on the first Monday of the month from 11am to 1pm at Level One, Kent & Little Building, 29 Queen Street, Levin.

There is an elevator from the ground floor and free parking nearby.



To help people understand these conditions there is a saying used by members of the WellMe group - "We can't change our condition - it is out of our control. We can however change how we relate to it. It is part of our life but not all of our life"

It can be lonely for sufferers of often misunderstood medical conditions. Sufferers of Myalgic Encephalopathy (ME) or Chronic Fatigue Syndrome (CFS), Fibromyalgia, Sjogrens Syndrome, Lupus, Multiple Sclerosis, Reynauds, Vestibular and any autoimmune condition now have a support group in Horowhenua.

WellMe is the Horowhenua (and Wellington) Region Support group who meet every month



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