

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Online during COVID 19

Are you living with a long-term health condition?

Examples include (but are not limited to) diabetes, heart conditions, stroke, COPD, asthma, Crohn's disease, arthritis, kidney disease, multiple sclerosis.



What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops. It is delivered by trained leaders, most of whom are also living with long-term health conditions. **NOTE: During COVID-19 the programme is online**

Living Well can help you to develop the skills and confidence to manage your health condition(s).

More Information:

Next Online Programmes starting:
1. Tues 26/1/2021 Time: 1.30 - 4pm
2. Thurs 28/1/2021 Time: 10.30 - 1pm

To register call: 07198-34646
For more information call:
087-3314159
Or
0873964307



Your toolkit for better health



Self-management
Support



Sláintecare.



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