

Are you living with a long term health condition?

The online Living Well course could help you to learn new skills to better manage your health condition.

We are now taking bookings for the next courses in your area.



The details for the next FREE course are as follows:

Thursdays, from 14th Jan – 18th Feb, 10am-12pm

Mondays, from 18th Jan – 22nd Feb, 2-4pm

Wednesdays, from 27th Jan – 3rd March, 2-4pm

Fridays, from 5th Feb – 12th March, 10am-12pm

Thursdays, from 25th Feb – 1st April, 2-4pm

Tuesdays, from 2nd March – 6th April, 10am-12pm

Booking is essential – contact the team on:

sc-tr.livingwell@nhs.net

www.sussexcommunity.nhs.uk/livingwell



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