

Living Well



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

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 **online** group programme, delivered in 2.5 hours over six weeks. It is delivered by trained leaders, most of whom are also living with long-term condition. Living Well can help you develop the skills and confidence to manage your health condition(s).

Why join the Living Well programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider.

When: Thursday 18th June from 10.30 am to 1 pm

How: For more Information, contact the programme Administrator:
Liam Gildea Mobile: 087-3490393 Email: liam.gildea@mayocil.ie
visit: www.hse.ie/livingwell



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