

## 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 courses in your area.**



The details for the next FREE courses are as follows:

**Tuesdays, from 20<sup>th</sup> October – 24<sup>th</sup> November, 10am-12pm**

**Mondays, from 2<sup>nd</sup> November – 7<sup>th</sup> December, 2pm-4pm**

**Wednesdays, from 11<sup>th</sup> November – 16<sup>th</sup> December, 10am-12pm**

**Fridays, from 13<sup>th</sup> November – 18<sup>th</sup> December, 10am-12pm**

Booking is essential – contact the team on:

[sc-tr.livingwell@nhs.net](mailto:sc-tr.livingwell@nhs.net)

[www.sussexcommunity.nhs.uk/livingwell](http://www.sussexcommunity.nhs.uk/livingwell)



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