



Your toolkit for better health



Sláintecare.



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Living Well

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



Do you need support to live well with long-term health conditions?

For example:

- Diabetes, heart conditions, stroke
- COPD, asthma
- Crohn's disease, arthritis, kidney disease, multiple sclerosis and others

The 'Living Well' programme can help you:

- Develop skills to manage your conditions
- Build confidence to manage your health
- Support you to manage the changes you want to make

What is the 'Living Well' Programme?

- Free group programme
- Six workshops
- Delivered by people also living with long-term health conditions

More Information:

Contact Catriona on 0872939881 selfmanagementsupportsSECH@hse.ie

Location	Venue	Day	Time	Date
Kilkenny	St Patrick's Parish Centre	Tuesday	10am - 12.30pm	04/02/20-10/03/20
Clonmel	Moyle Rovers, GAA	Thursday	10am - 12.30pm	13/02/20-20/03/20
Carlow	Community Centre, New Oak Estate	Thursday	11am - 1.30pm	13/02/20-19/03/20
Waterford	Carrickphierish Library	Friday	10am - 12.30pm	14/02/20-21/03/20
Wexford	Wexford Primary Care Centre	Tuesday	5pm - 7.30pm	04/02/20-10/03/20



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