

Expert Patient Programme

# Self Management course for people with a long term condition

*Free Six week Programme*

**Topics covered include how to:**

- Deal with pain and extreme tiredness
- Cope with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and health professionals
- Planning for the future

*To book a place please call Jane Austin on 01305 368026*

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