

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): COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, and depression.



What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops (2.5 hrs per week for 6 weeks). It is delivered by trained leaders, most of whom are also living with long-term health conditions.

Living Well can help you to develop the skills and confidence to manage your health condition(s).

The programme is currently being delivered online.

Programme dates:

Day:	Start Date:	Finish Date:	Time:
Wednesday	16 th March 2022	27 th April 2022	10am – 12:30pm
Tuesday	19 th April 2022	31 st May 2022	2pm - 4:30pm
Thursday	21 st April 2022	2 nd June 2022	10am – 12:30pm
Friday	22 nd April 2022	3 rd June 2022	10am – 12:30pm

More Information

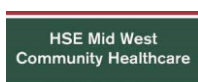
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www.hse.ie/LivingWell



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