

Let's Get On With It Together



"Self Management gives you more control over your condition, allowing you to be in the driving seat."

LIVING BETTER WITH A LONG TERM HEALTH CONDITION

JOIN OUR SELF MANAGEMENT COURSE – A SERIES OF FIVE WORKSHOPS TO LEARN MORE ABOUT MANAGING YOUR OWN HEALTH AND LONG TERM CONDITION.

ME Coeliac
Arthritis
Fibromyalgia
Chronic pain
Asthma
Osteoarthritis
Parkinson's
Crohn's
Rheumatoid Arthritis
diabetes
Stroke
Heart Condition
Gastric condition
depress
C. O. P.
Cystec

The course starts in Aviemore Community Centre on 17th August and is open to anyone over 18 with a long term health condition. The course topics include pain management, planning and goal setting.

Sessions will run from 10am til 12.30 each week. There is no charge for this course.

If you would like to join or for more information please contact:

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