

ARE YOU LIVING WITH A LONG-TERM HEALTH CONDITION?

The EPP Living Well course is free and gives you the opportunity:

- ★ To learn new skills to cope with your illness
- ★ To help you continue with your daily activities
- ★ To help you manage the emotional changes brought about by your condition.



For more information please
contact the EPP team on:
telephone - 01403 227000 ext 7547
or email - sc-tr.epp@nhs.net



*Expert Patients Programme: Improving the lives of people with
long-term health conditions*