

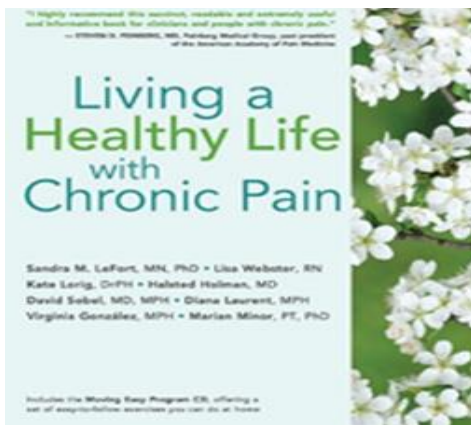
Living Well

**With
Pain**

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

Are you living with Chronic Pain?

Examples include (but are not limited to) Diabetes, Heart Conditions, Stroke, COPD, Asthma, Crohn's disease, Arthritis, Kidney Disease, Multiple Sclerosis, Fibromyalgia, Nerve damage, Migraine, and Musculoskeletal pain.



What is the Living Well with pain programme?

Living Well is a free **online** group programme, delivered over six workshops (2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term conditions and pain. Living Well can help you develop the skills and confidence to manage your health condition(s).

Why join the Living Well with pain programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider.

When:

Starting on 12th October 10am-12.30pm for 6 weeks – places available!!

Starting on 29th October 10am-12.30pm for 6 weeks – places available!!

Starting on 3rd November 7pm-9.30pm for 6 weeks – places available!!

How: For more information, contact the Living Well Coordinator Leah Harrington:
Mobile: 0873654392 Email: leah.harrington@hse.ie or Visit: www.hse.ie/livingwell



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.