

# 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) diabetes, heart conditions, stroke, COPD, asthma, Crohn's disease, arthritis, kidney disease, Multiple sclerosis.



### What is the Living Well programme?

Living Well is a **FREE online** group programme, delivered over seven workshops (1.5hrs x 1 introduction & 2.5hrs x 6). Living Well can help you develop the skills and confidence to manage your health condition(s).

### Why join the Living Well 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. Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments and much more

### When:

**Starting on Wednesday January 13<sup>th</sup> from 10.00am – 12.30pm for 7 weeks- Places available**

**Starting on Tuesday February 16<sup>th</sup> from 7.00pm – 9.30pm for 7 weeks – Places available**

**Starting on Saturday February 20<sup>th</sup> from 10.00am – 12.30pm for 7 weeks- Places available**

**Starting on Thursday April 15<sup>th</sup> from 7.00pm-9.30pm – for 7 weeks – Places available**

**How:** For more information or to register, contact the Living Well Coordinator Leah Harrington: 0873654392 Email:

[leah.harrington@hse.ie](mailto:leah.harrington@hse.ie) or Visit: [www.hse.ie/livingwell](http://www.hse.ie/livingwell)



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