

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 June 30th from 10.00am-12.pm for 7 weeks- **Places Available**

Starting on Thursday July 1st from 7.00pm-9.30pm for 7 weeks- **Places Available**

Starting on Tuesday August 3rd from 7.00pm-9.30pm for 7 weeks – **Places Available**

Starting on Saturday August 7th from 10.00am-12.30pm for 7 weeks- **Places Available**

Starting on Thursday September 16th from 3.00-5.30pm 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 or Visit: www.hse.ie/livingwell



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