

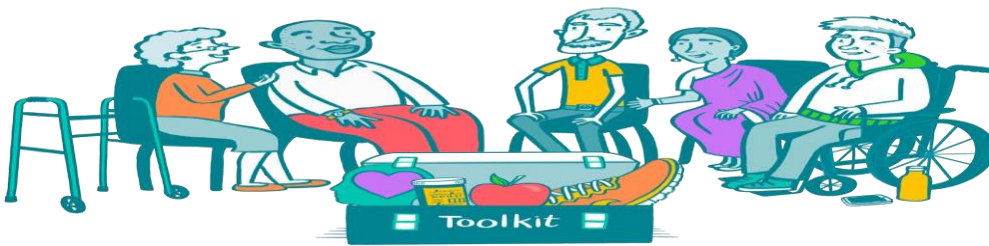
Living Well



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

Living Well after a diagnosis of Coronavirus are you living with Long Covid / Post Covid-19 Syndrome?

Examples include (but are not limited to) joint or muscle pain, brain fog, fatigue, pain, anxiety, low mood, chest pain etc.



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 Monday May 10th from 10.00am - 12.30pm for 7 weeks – Started

Starting Thursday July 1st from 2.30pm – 5.00pm for 7 weeks – Places available

Starting Tuesday August 3rd from 10.30am-1.00pm for 7 weeks- Places available

Referral from your GP or medical team member for this programme.

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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