

Are you an adult living with a long term health condition and live in West Sussex, Brighton or Hove?

The online Living Well course could help you to learn new skills to better manage your health condition.

We are now taking bookings for our next round of online courses



The details of the next FREE online courses are as follows:

Wednesdays, from 13th April – 18th May 2022, 10am-12pm

Mondays, from 9th May – 13th June 2022, 2pm-4pm

Tuesdays, from 7th June – 12th July 2022, 10am-12pm

Thursdays, from 9th June – 14th July, 10am-12pm

EVENING COURSE:

Tuesdays, from 26th April – 31st May 2022, 6pm-8pm

Booking is essential – contact the team on:

sc-tr.livingwell@nhs.net

www.sussexcommunity.nhs.uk/livingwell



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