

Are you living with a long term health condition?

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

We are now taking bookings for the next courses in your area.



The details for the next FREE course are as follows:

Mondays, from 10th January – 14th February 2022, 2pm-4pm

Thursdays, from 13th January – 17th February 2022, 10am-12pm

Wednesdays, from 2nd February – 9th March 2022, 10am-12pm

Tuesdays, from 1st March – 5th April 2022, 2pm-4pm

Fridays, from 4th March – 8th April 2022, 10am-12pm

Booking is essential – contact the team on:

sc-tr.livingwell@nhs.net

www.sussexcommunity.nhs.uk/livingwell



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