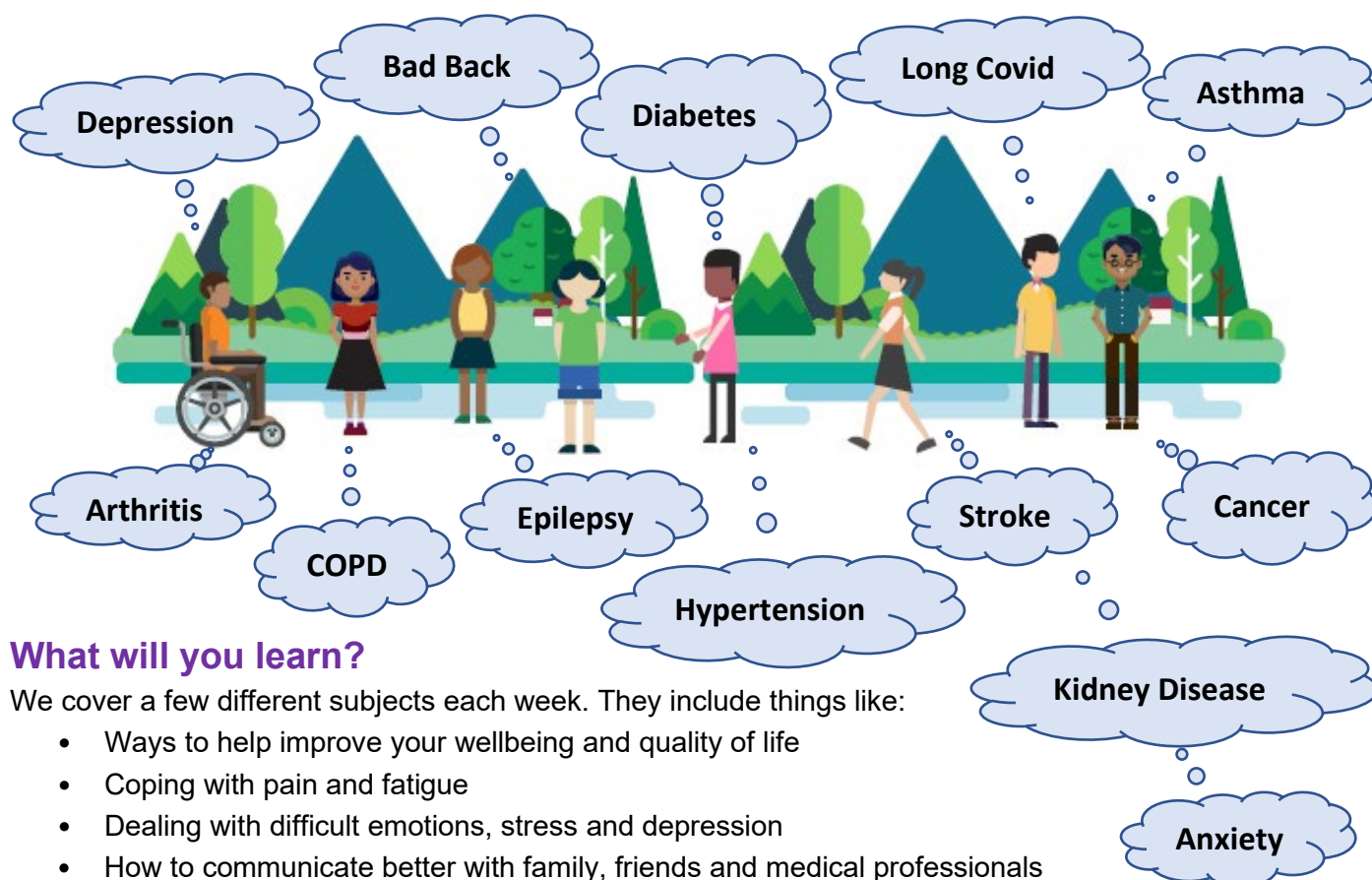


# Living a healthy life with long-term health conditions

## Free Course

Living with a long-term condition can be tough. Caring for someone with a health condition can sometimes mean you forget to care for yourself.

Public Health Harrow want to support our residents who are facing these challenges. We run **free**, simple workshops where you will learn ways to take back control, do the things you want to do, build your confidence and motivation, better manage your health condition and live a healthier life.



### What will you learn?

We cover a few different subjects each week. They include things like:

- Ways to help improve your wellbeing and quality of life
- Coping with pain and fatigue
- Dealing with difficult emotions, stress and depression
- How to communicate better with family, friends and medical professionals
- Making decisions about your treatment and care
- A safe space to problem-solve day-to-day issues that a health condition can cause
- Meet others who understand and build your support network

Online video call (Saturday mornings)	Course starting Oct 2022			Course starting Jan 2023		
	Date	Start time	Finish time	Date	Start time	Finish time
Introduction	29 Oct 2022	10:30	11:30	14 Jan 2023	10:30	11:30
Week 1	5 Nov 2022	10:30	13:00	21 Jan 2023	10:30	13:00
Week 2	12 Nov 2022	10:30	13:00	28 Jan 2023	10:30	13:00
Week 3	19 Nov 2022	10:30	13:00	4 Feb 2023	10:30	13:00
Week 4	26 Nov 2022	10:30	13:00	11 Feb 2023	10:30	13:00
Week 5	3 Dec 2022	10:30	13:00	25 Feb 2023	10:30	13:00
Week 6	10 Dec 2022	10:30	13:00	4 Mar 2023	10:30	13:00

For more information about the course, visit [www.harrow.gov.uk/EPP](http://www.harrow.gov.uk/EPP)

**To join a free course**

**Email:** [HealthyLiving@harrow.gov.uk](mailto:HealthyLiving@harrow.gov.uk)

**Call:** 0208 736 6923

