

I want support to self-manage my long term condition

NHS

South West Yorkshire Partnership
NHS Foundation Trust



Live Well Wakefield Expert Patient Programme Courses

General Self Management

This free self-management course is for anyone who has a long-term health condition of any kind or is a carer of someone with a long term condition

Monday 10 September 2018 10:30-13:00 West Wakefield Methodist Church, Thornes Road, Wakefield

Tuesday 16 October 2018, 10:30-13:00 Hemsworth Library, Hemsworth

New Beginnings

This free course runs over 7 sessions and is aimed at people who are living with a mental health condition such as depression/anxiety

Tuesday 2 October 2018, 10:30-13:00 Queens Avenue Community Centre, Pontefract (Near The Barracks)

Wednesday 24 October 2018, 10:30-13:00 Airedale Library, The Square, Airedale

For more information and to book a place contact Live Well Wakefield on
01924 255363


Live Well
Wakefield

Nova
BUILDING A VIBRANT VOLUNTARY
SECTOR IN OUR DISTRICT

