



# Control your condition Don't let it control you

## A free course for patients with a long-term health condition

- + Do you want to manage your condition better?
- + Do you want to improve your health and wellbeing?
- + Do you want to feel more confident and in control of your health condition?

### What is Self Management for Life?

Our free course is for patients living with one or more long-term health conditions. The self-management programme will give you practical solutions, tools and techniques so that you can better manage your condition on a daily basis.



## How does it work?

The courses are led by experienced facilitators, who often have first-hand experience of what it is like to live with a long-term condition or have experience of actively supporting people to self manage. The courses are run in the community over six weeks with each session lasting three hours.

## Self Management for Life

- ✓ 6 Weekly Sessions
- ✓ 3 Hours Per Session
- ✓ Refreshments Provided
- ✓ Venues near you
- ✓ Covers any long-term condition

## Self-Management can help you:

- Feel more confident and in control of your health condition
- Understand and better manage your condition
- Cope with daily challenges
- Reduce stress and improve quality of life
- Improve physical symptoms and overall health
- Set health goals

*"I feel better in myself and more able to cope with life. The course tutors were helpful without being condescending"*



To book your FREE place or to find out more about self-management, call us on FREEPHONE 0800 988 5560, 03333 445 840 (mobile friendly) or email us at [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)