

Are you living with a long term health condition?

The Living Well course can help you learn new skills to better manage your health condition and symptoms



We are now taking bookings for the next course in your area

The details of the next FREE 6-week course are as follows:

Every Thursday from 17th January – 21st February 2019

Time: 10am – 12.30pm

Venue: Charis Centre, West Green Drive, Crawley, RH11 7EL

Spaces are limited & booking is essential - Contact us on:

Telephone: 01403 227000 x 7547 Email: sc-tr.epp@nhs.net

Visit: www.sussexcommunity.nhs.uk/epp



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