

Are you an adult living with a long term health condition and live in West Sussex, Brighton or Hove?

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

We are now taking bookings for our next round of online courses



The details of the next FREE online courses are as follows:

Mondays, from 11th July – 15th August 2022, 2pm-4pm

Thursdays, from 28th July – 1st September 2022, 10am-12pm

Wednesdays, from 10th August – 14th September 2022, 10am-12pm

Tuesdays, from 23rd August – 27th September 2022, 6pm-8pm

Booking is essential – contact the team on:

sc-tr.livingwell@nhs.net

www.sussexcommunity.nhs.uk/livingwell



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