

Living Well can help you to develop the skills and confidence to manage

your health condition(s)

**6 Week Group online Programmes – 2.5 hours a week**

**(Usually 10.30am – 1.00pm)**

**Choose from the following dates:**

**Tuesdays - Starting 2nd March 2021**

**Tuesdays – Starting 20th April 2021**

**Wednesdays - Starting 3rd March 2021**

**Wednesdays – Starting 28th April 2021**

**Thursdays - Starting 4th March 2021**

**Thursdays – Starting 22nd April 2021**

**More courses planned for 2021 – dates to follow**

For more information contact Aine on 0871140371 or 041 6850767

Email: [aine.mcnamee@hse.ie](mailto:aine.mcnamee@hse.ie)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)

