

**Upcoming Living Well Programmes**

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| --- | --- | --- | --- |
| **Day** | **Start date** | **Finish date** | **Time** |
| **Tuesday** | **24th January 2023** | **7th March 2023** | **10.30am – 1pm** |
| **Thursday** | **26th January 2023** | **9th March 2023** | **10.30am – 1pm** |



**To book your place contact**

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**Long-term health conditions include (but are not limited to)** COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn’s disease, chronic pain and depression.





This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.