

Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes

Venue	Date	Time
Barbican Centre, Drogheda	Monday 19 th January 2026 to Monday 2 nd March 2026	10:30am – 1pm
Gibbstown Community Centre	Wednesday 21 st January 2026 to Wednesday 25 th February 2026	11am – 1:30pm
Kells Family resource Centre	Thursday 22 nd January 2026 to Thursday 26 th February 2026	2pm – 4:30pm

To book your place contact

❖ Aine McNamee – Living Well Co-ordinator
aine.mcnamee@hse.ie / 041 6850676 or 087 1140371

❖ Elaine Duffy – Living Well Administrator
elaine.duffy5@hse.ie / 041 6860710 or 087 4308735

www.hse.ie/LivingWell



*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.



Self-management
Support

Sláintecare.

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