

Are you living with a long-term physical or mental health condition?

The online 'Living Well' course could help you. Our peer-led group courses give you the opportunity to learn new skills and techniques to better manage your condition, topics include:

- Goal setting & problem solving
- Symptom management
- Communication skills
- Healthy eating
- Physical activity
- Decision making
- Breathing exercises
- Medication management
- Getting a good night's sleep
- Using your mind – relaxation, distraction and positive thinking
- Accessing NHS services and working with your healthcare team



For details on the next course running in your area contact the team on:

01403 620448 or sc-tr.livingwell@nhs.net

www.sussexcommunity.nhs.uk/livingwell



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