

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

The online Living Well Programme course could help you to learn new skills to better manage your health condition and symptoms, in a supportive group environment

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

Details of the next FREE 6-week **online** courses are as follows:

Thursdays from 9th January – 13th February 2025 from 2pm-4pm

Fridays from 17th January – 21st February 2025 from 10am-12pm

Tuesdays from 21st January – 25th February 2025 from 6pm- 8pm

Tuesdays from 25th February – 1st April 2025 from 10am-12pm

Mondays from 10th March – 14th April 2025 from 2pm-4pm

Booking is essential – please scan the QR code or contact the team on:

sc-tr.livingwell@nhs.net

01273 267545 / 01403 620448

www.sussexcommunity.nhs.uk/livingwell



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Excellent care at the heart of the community