



Living Well With a Long Term Health Condition

Our **Wellbeing Service** is pleased to offer the following course which is suitable for anyone with a long term health condition such as diabetes, chronic pain, COPD etc... who is looking to learn tools and techniques to manage their emotional wellbeing

It covers:

- Exploring the challenges of living with a long term health condition
- How anxiety/low mood can affect you
- Helpful ways to reduce stress and manage your worries
- Managing difficult thoughts
- Managing daily activities
- Setting goals and overcoming barriers

5th April 2018 from 10:00 - 12:00

This course runs for 3 sessions on consecutive Thursday mornings

Location: Savernake Hospital, Marlborough

Please note: Our service is available to people over 16 years old registered with a Wiltshire GP (excluding Swindon area)

01380 731335, or visit our website

<http://iapt-wilts.awp.nhs.uk>



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