



choose health

Self Management Programme

ARE YOU FINDING IT DIFFICULT LIVING WITH A LONG TERM HEALTH CONDITION?

- heart disease
- diabetes
- multiple sclerosis
- asthma
- mental illness
- and many more

If so come along to our **choosehealth** Self-management Programme

The courses are made up of small groups which are friendly and supportive. The tutors who will be delivering the courses are also living with Long Term Conditions

For details on a course near you please contact:

0191 587 6028 or freephone:

0800 328 4229

Transport can be arranged if needed

*We can help you get back on track - Feel more confident - Live a fuller life
- Feel more in control - **Learn new ways to cope with your condition!***