

## Are you living with a long term health condition?

The Living Well course could help you to learn new skills to better manage your health condition.



We are now taking bookings for the next course in your area.

## The details of the next **FREE** course are as follows:

Every **Monday** from **20<sup>th</sup> January – 24<sup>th</sup> February 2020**

**Time: 2pm – 4.30pm**

**Venue: Horsham Hospital, Hurst Road, Horsham, RH12 2DR**

**Booking is essential – contact the team on:**

**Telephone: 01403 620448**

**Email: [sc-tr.livingwell@nhs.net](mailto:sc-tr.livingwell@nhs.net)**

**Visit: [www.sussexcommunity.nhs.uk/livingwell](http://www.sussexcommunity.nhs.uk/livingwell)**



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