

GMESS

Greater Manchester Eczema & Skin Support

Supporting you to improve your skin health

Healthy Skin Healthy Me!

A free 6-week online course for people affected by eczema, psoriasis, acne, and other inflammatory skin conditions, and who are further affected by covid-19, to improve their skin health.



Understand the person you need to become to better manage your skin.

Learn the skills needed to feel more confident in your skin.

Start making changes to your lifestyle to improve your skin.

Course 1: Every Tuesday 2nd Feb 21 - 9th Mar 21 2pm - 4pm
Course 2: Every Thursday 17th Feb 21 - 25th Mar 21 2pm - 4pm

To attend or to find out more contact Paul Mattis on:



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