

# **GMESS Online Support Group Is Now Here!**

Is your eczema, psoriasis, or similar skin condition stressing you out?

Does it dent your confidence and self-esteem?

Do you live in Greater Manchester?

**If yes, then this group is for YOU!**

Meet others who know and understand what you're going through.

Get tips on how to manage your condition.

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**When:** Every 2nd & 4th Tuesday of the month, 6pm - 7:30pm

**Where:** Online

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**To access the group contact Paul Mattis on:**



support@gmess.org.uk



07828902300