

# Building a healthy future



## A FREE six week course for people with diabetes or heart disease

Learn effective skills and tools to help you in your everyday life, and to cope with the stresses and emotions of living with diabetes or long-term heart conditions.

**Where?** In different locations across Manchester.

**How long for?** Two hours each week for six weeks.

**Who?** Anyone with diabetes or long-term heart conditions who wishes to learn how to best handle the challenges of living with their condition, or who wants to learn some new skills to improve their general wellbeing.

**When?** Contact us for times and locations or to book a FREE place on the next available course.

Contact Ruth Rosselson:

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- Meet new people
- Share your experiences
- Improve your wellbeing
- Grow in confidence
- Learn new skills