

Expert Patients Programme

Are you living with a **long-term** health condition?

Courses are run in
North, Central &
South Manchester
For information on
a course near you
contact the
Referral Team on
0161 371 2105

Chronic pain, diabetes, arthritis, COPD,
heart condition, stroke, depression,
asthma, anxiety, sickle cell, irritable
bowel syndrome, osteoporosis, epilepsy,
chronic fatigue, crohns disease, cancer,
multiple sclerosis, fibromyalgia, skin
problems or any other health condition

Join our **FREE** six week course

Be happier and healthier
- stay well with your long-term condition

*“Wonderful excellent
course, has helped and
encouraged my self esteem”*

C.G. Wythenshawe course in June 2013

This programme
is designed to
help you
TAKE CONTROL
of your health
Learn new ways to
help you manage the
physical and
emotional symptoms
to improve your
quality of life

2½ hours a week
Refreshments provided