

NEW

# SELF MANAGEMENT PROGRAMME

FOR EALING

This **FREE** course will give you the **confidence** and **motivation** you need to feel more in **control** of your health and wellbeing.

If you're an Ealing resident and living with a **long-term condition** such as:

- Diabetes
- Arthritis
- Heart Disease
- Pain conditions
- Neurological condition
- Asthma
- Epilepsy
- Pulmonary Rehab
- High blood pressure

**We have a free six week Programme for you!**

*"I'm socialising more than before and of course eating habits have changed"*

Kiran, January 2015

Our New Self Management Programme for people living with long-term conditions has been shown to increase confidence, reduce stress and generally improve quality of life.


**SUBJECTS COVERED INCLUDE:**

- Goal Setting
- Action Planning
- Diet and Nutrition
- Physical Activity
- Relaxation Techniques
- Stress Management
- Pain Management
- Fatigue Management

Programmes are made up of six weekly sessions, each lasting about two-and-a-half hours.

All facilitators are themselves living with long-term conditions.

Programmes run throughout the year for Ealing residents.



*“I pay more attention to what I do, the way I feel, what I eat rather than pushing it aside and going to the doctor. I am in control.”*

Susie, March 2015

For further information and to book your free place on a Programme contact Deamion today:

**call: 020 3137 3373**

**email: [deamion@livingwellcic.com](mailto:deamion@livingwellcic.com)**

