

Living with a long term health condition?

Just 2½ hours a week for six weeks could change your life....

- **Living well is a free course** for people with conditions and disabilities such as heart problems, stroke, multiple sclerosis, Parkinson's, asthma, arthritis, diabetes, epilepsy and so on. Visit www.expertpatients.nhs.uk to find out more
- **You will learn new skills to manage your condition better on a daily basis** working at your own pace, with the support of others who are facing similar problems. You get a *free* course book

To find out how to register call

01372 201709

Forthcoming course in your area:

<i>The Samson Centre</i>	<i>10.30 – 1.00pm</i>
<i>Waterside Centre</i>	<i>Fridays</i>
<i>Riverside</i>	<i>from 27 Feb</i>
<i>Guildford GU1 3SY</i>	<i>for 6 weeks</i>