

The Living with A Long Term Condition On Line Programme

Start Dates	Time	Location
Tuesday 19th January 21	10.30 – 13.00	Online - ZOOM
Thursday 28th January 21	10.30 – 13.00	Online - ZOOM
February Date to be confirmed	10.30 – 13.00	Online - ZOOM
Tuesday 2 nd March 21	10.30 – 13.00	Online - ZOOM
Thursday 18 th March 21	10.30 – 13.00	Online - ZOOM
April Date to be confirmed	10.30 – 13.00	Online - ZOOM

To attend the online course, participants would need access to a PC, laptop or tablet that has a webcam and audio facilities.

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

To Refer: Email - lwltc@citizensadvicemidmercia.org.uk

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