



Control your condition Don't let it control you

A free course for patients with a long-term health condition

- + Do you want to manage your condition better?
- + Do you want to improve your health and wellbeing?
- + Are you a carer for someone with a long term condition and want to improve your health, wellbeing and learn new skills in your caring role?

What is Self Management for Life?

Our free course is for patients living with one or more long-term health conditions. The self-management programme will give you practical solutions, tools and techniques so that you can better manage your condition on a daily basis.



How does it work?

The courses are led by experienced facilitators, who often have first-hand experience of what it is like to live with a long-term condition or have experience of actively supporting people to self manage. The courses are run in the community over a number of weeks with each session lasting three hours. In addition, there is an online course available as well.

Options:

Self Management for Life	Self Management for Life for Carers	Positive Steps
<ul style="list-style-type: none"> ✓ 6 Weekly Sessions ✓ 3 Hours Per Session ✓ Venues near you ✓ Covers any long-term condition 	<ul style="list-style-type: none"> ✓ 6 Weekly Sessions ✓ 3 Hours Per Session ✓ Time out to consider yourself ✓ Carer specific content 	<ul style="list-style-type: none"> ✓ 7 Weekly Sessions ✓ 3 Hours Per Session ✓ Additional content for those living with or recovering from a mental health condition

Self-Management can help you:

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Feel more confident and in control of your health condition
- 
Reduce stress and improve quality of life
- 
Understand and better manage your condition
- 
Improve physical symptoms and overall health
- 
Cope with daily challenges
- 
Set health goals

“I feel better in myself and more able to cope with life. The course tutors were helpful without being condescending”



To book your FREE place or to find out more about self-management, call us on FREEPHONE 0800 988 5560, 03333 445 840 (mobile friendly) or email us at hello@selfmanagementuk.org