

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with a long-term health condition?

Examples include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.



What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term health conditions.

Living Well can help you to develop the skills and confidence to manage your health condition(s).

More Information

www.hse.ie/LivingWell



Self-management
Support



Sláintecare.



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