

Do you experience any of these symptoms?

Know someone who does?



- Difficulties Sleeping
- Depression
- Difficult Emotions
- Tense Muscles
- Stress
- Tiredness/Fatigue
- Pain
- Mobility Issues

Free Living with Long Term Health Conditions Course

Are you interested in joining a virtual group for a 7 week course on Long Term Condition Management? All from the comfort of your own home?

Forthcoming Virtual Course:

Courses running continuously please scan QR Code for latest dates and Booking forms



SCAN ME

Currently all our courses are being delivered virtually, until we can return to community centres. All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact the EPP Team** via Email: epp@gavo.org.uk



Find us on Facebook to keep up-to-date with new courses etc.

Search: **education programme for patients** or @EPPGWENT on Twitter

