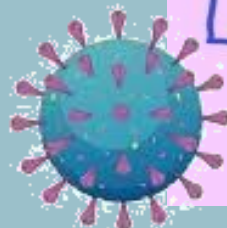


Free NHS Post Covid Management Course

Are you experiencing the symptoms of Long Covid?

Know someone who is?

Maybe we can help....



Forthcoming Virtual Courses

Dual Covid support courses are ran monthly and 6 week Long Covid Management courses are run every 3 months. Please Scan QR code for dates

The courses are for the support of patients with Post Covid symptoms.

You will find 2 types of courses listed, 6 week and a Dual session which is 2 sessions within 1 week, they are very different and it is suggested that attending both will provide knowledge and guid-

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**



Find us on Facebook to keep up-to-date with new courses etc. Search: **education programme for patients** or @eppgwent on Twitter



SCAN ME