

Live Better to Feel Better

Are you living with a diagnosed long-term physical health condition?

This course is co-facilitated by our Peer Support Workers - all of whom have a long-term health condition. Topics covered include:

- Link between physical and mental health
- Being kind to yourself and looking after me
- Problem solving and decision making
- Mindfulness and breathing for relaxation
- Communication and working with health professionals and services
- Managing pain
- Sleep and fatigue

This course is open to people over 18 who are registered with a Gloucestershire GP.

Closing date for applications 11 April 2025

Wednesday 4 June 2025 to Wednesday 9 July 2025



Time: 1:00pm - 3:00pm

Place: : The Main Place, Old Station Way, Coleford,
GL16 8RH

Duration: Six weeks

For further details:

- scan the QR code or visit
- www.ghc.nhs.uk/other-areas/ghwb-college
- email: ghwc@ghc.nhs.uk
- telephone: **0300 421 4414**

