

# Living Well

A programme for adults with long-term health conditions



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

You will develop self-management **skills and confidence** to live well with your health conditions.

## Upcoming Living Well Programmes

Day	Start date	Finish date	Time
Wednesday	5 <sup>th</sup> July 2023	16 <sup>th</sup> August 2023	10.30am – 1pm

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[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



Your toolkit for better health

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



Self-management  
Support



Sláintecare.



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service

This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.