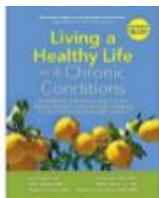# Living Well

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) Diabetes, Heart Conditions, Stroke, COPD, Asthma, Crohn's disease, Arthritis, Kidney disease, Multiple Sclerosis.

Scan the QR code to register or email: LivingWellDNCC@hse.ie

THE PROGRAMME IS FREE TO ATTEND BUT PLACES ARE LIMITED AND REGISTRATION IS ESSENTIAL

What is the Living Well programme?
Living Well is a **Free Online / In Person** group programme, delivered over seven workshops via WebEx (1.5hrs x 1 introduction & 2.5hrs x 6). It is delivered by two trained leaders, most of whom are also living with long-term chronic health condition(s) and/or pain. Living Well can help you develop the skills and confidence to manage your health condition(s).

Workshop Topics
Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration

Topics include:
- Techniques to help balance work and home life
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision-making
- How to evaluate new treatments and much more

Why join the Living Well programme?
- People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider. Techniques to deal with problems such as frustration, fatigue, pain and isolation.

When: Starting 2023

Starting: Saturday October 21st - December 9th 10.00am-12.30pm for 7 weeks
Location: Online via Zoom

How: For more information contact the Living Well Coordinator Team

Email✉: **LivingWellDNCC@hse.ie** or Visit: **www.hse.ie/livingwell**