

Expert Patients Programme



DO YOU HAVE A LONG-TERM HEALTH CONDITION?

Would you like to:

- Learn new skills to manage your health condition?
- Develop confidence and lead an improved quality of life?
- Meet others and share similar experiences?
- Learn about developing more effective relationships with healthcare professionals?

Join a **FREE** self-management course
(6 x 2.5 hour weekly sessions) at
Guild House, 156 Mannamead Road,
Plymouth, PL3 5QL

For course dates and further information please contact:
Jan White, Expert Patients Programme Co-ordinator
01752 201892

www.plymouthguild.org.uk/long-term/

Plymouth Guild
Helping people since 1907



North, East and West Devon
Clinical Commissioning Group

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