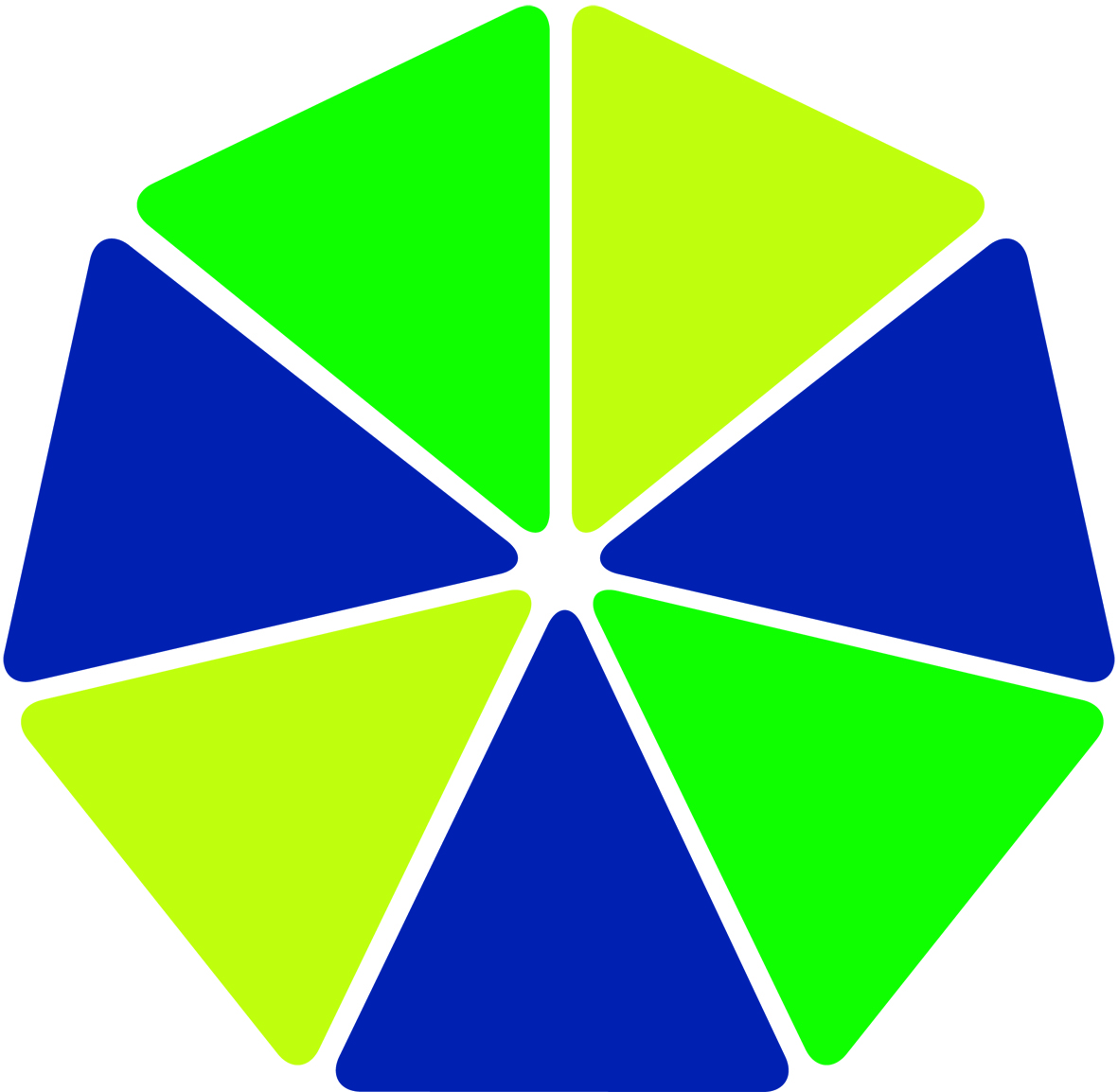
**Expert Patients Programme**

**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:**

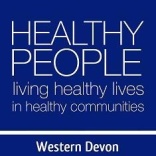
**Jan White, Expert Patients Programme Co-ordinator**

**01752 201892**

[**www.plymouthguild.org.uk/long-term/**](http://www.plymouthguild.org.uk/long-term/)

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Chief Exe**cutive: George Plenderleith