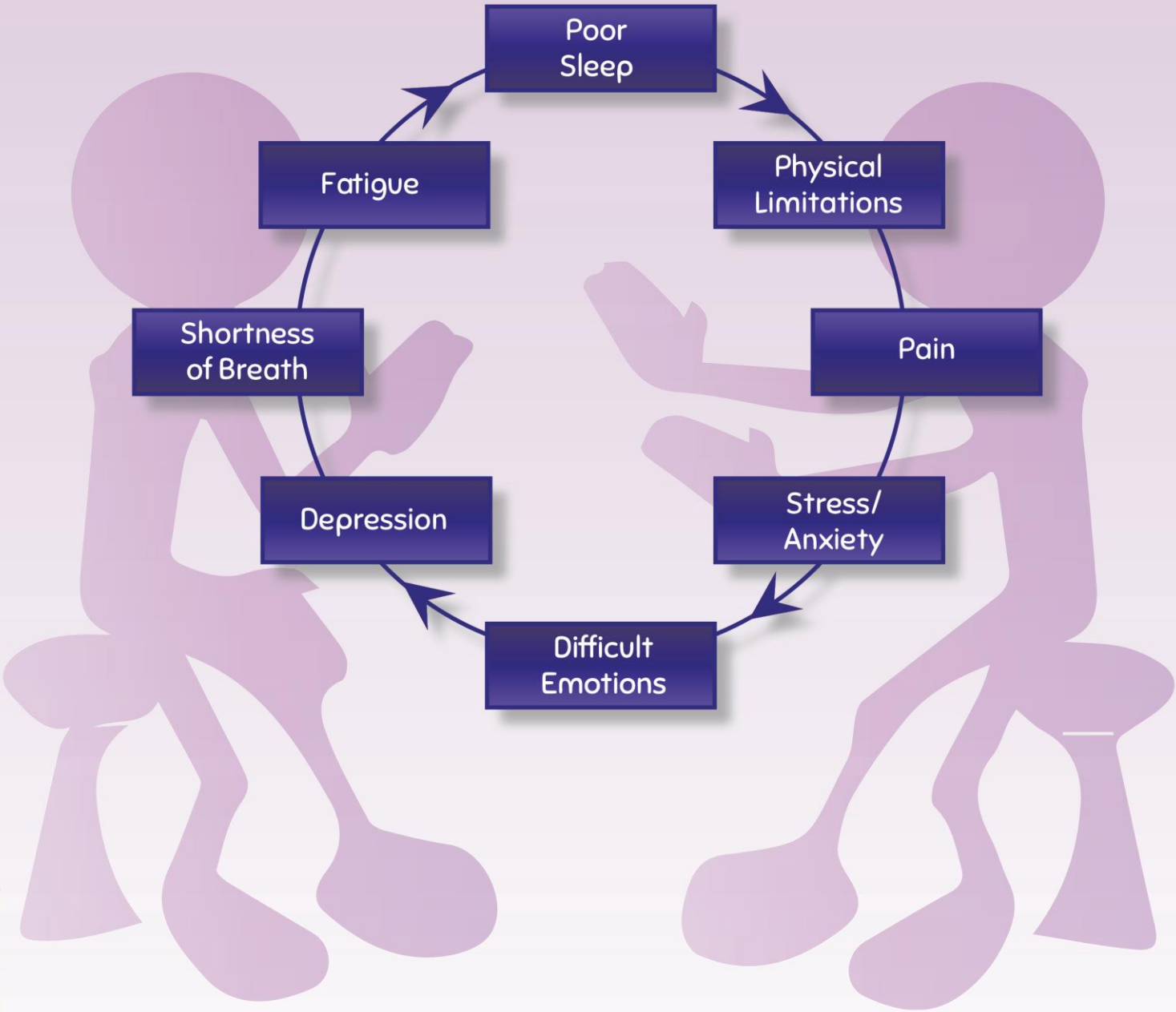
Do you have a health problem?

Come to a FREE course run by the NHS



Symptom Cycle © Stanford University

develop new skills to manage

Your Health Better

Education **P**rogrammes for **P**atients ***EPP Cymru***

Look on our website for more courses

www.eppwales.org

Do you have a health problem?

6 Week Health & Wellbeing Courses

What will I learn?

- *Manage symptoms such as pain and tiredness*
- *Deal with anger, fear and frustration*
- *Cope with stress, depression and low self-image*
- *Eating healthily and getting better sleep*
- *Decision making and better breathing*
- *Relaxation techniques and taking regular exercise*
- *Improved communication and being more positive*
- *Planning and problem solving*

Date and Day Course Starts		6 Week Health and Well-being Courses	Time
19 Feb	Mon	Brynderwen Surgery St. Mellons	10:00 – 12:30
20 Feb	Tue	Canton Uniting Church	10:00 – 12:30
22 Feb	Thu	Cardiff Royal Infirmary	10:00 – 12:30
7 Apr	**Sat**	Cardiff Royal Infirmary	10:00 – 12:30
10 Apr	Tue	Remploy, Cardiff Centre	10:30 – 13:00
18 Apr	Wed	Ararat Centre, Whitchurch	10:00 – 12:30
19 Apr	Thu	Barry Library, Barry	10:00 – 12:30
4 Jun	Mon	Cardiff Royal Infirmary	18:00 – 20:30
5 Jun	Tue	Danescourt	10:00 – 12:30
7 Jun	Thu	Birchgrove	13:00 – 15:30
17 Jul	Tue	Cardiff Royal Infirmary	10:00 – 12:30
3 Sep	Mon	Trinity Meth Church, Penarth	10:00 – 12:30
6 Sep	Thu	Barry Library, Barry	10:00 – 12:30
16 Oct	Tue	The Gathering Place, St Athan	10:00 – 12:30
8 Nov	Thu	Ararat Centre, Whitchurch	10:00 – 12:30

TO BOOK YOUR PLACE OR GET MORE INFORMATION:

029 20 335 403

Epp.Info.cav@wales.nhs.uk

[Your Name] and “Interested” to 079 76 050 178 | 078 70979 860

NHS WALES GIG CYMRU

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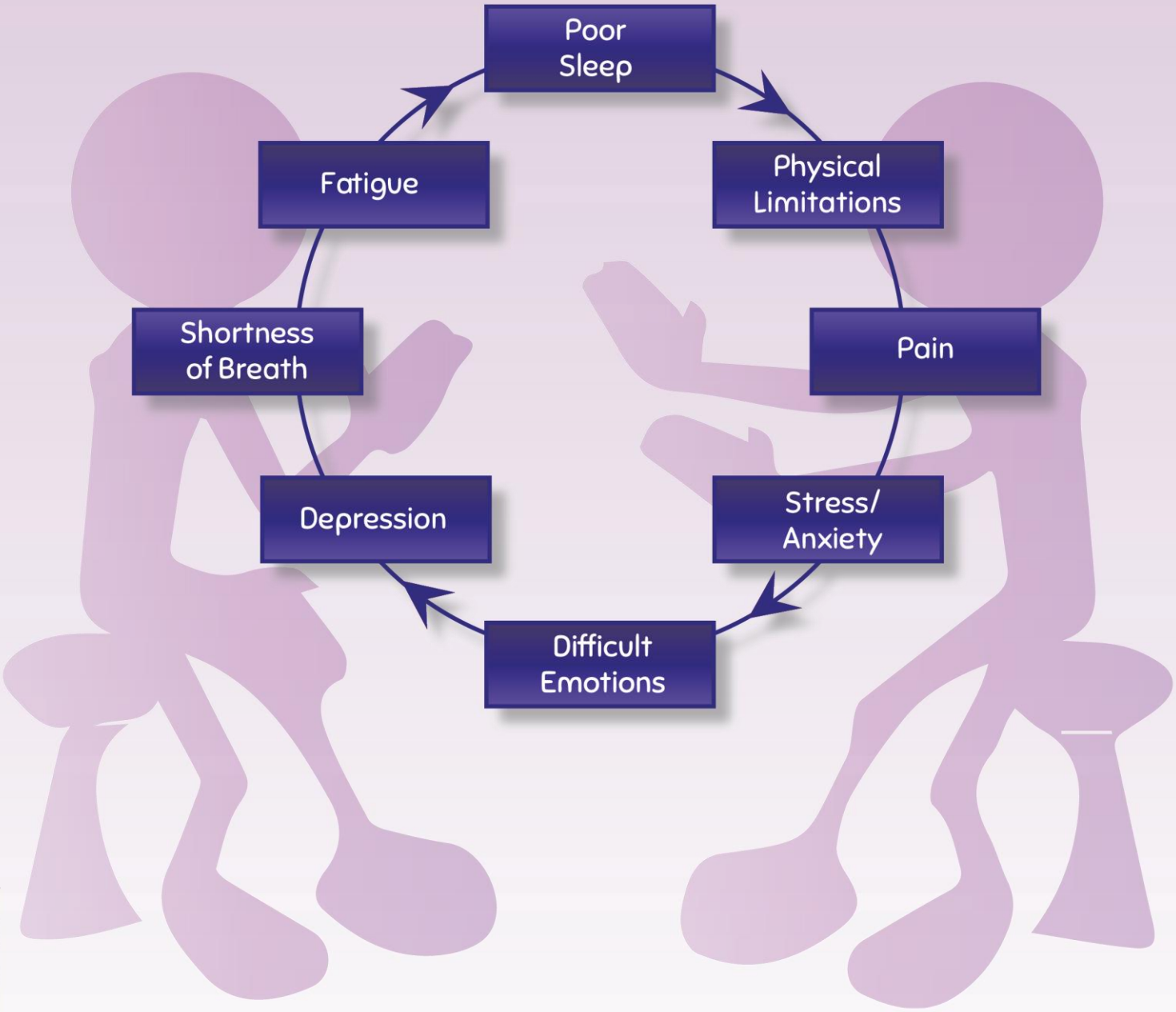

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