

The Living Well with a Long Term Condition (LWLTC) Online Programme

Dates (once a week for 6 weeks)	Time	Location
Tuesday 29th June 21 – Tuesday 3rd Aug	10.30-13.00	Online - ZOOM
Wednesday 1st Sept 21 – Wednesday 6th Oct	10.30 – 13.00	Online - ZOOM
Thursday 2nd Sept 21 – Thursday 7th Oct	10.30-13.00	Online - ZOOM
Tuesday 5th Oct 21 – Tuesday 9th Nov	10.30 – 13.00	Online - ZOOM
Wednesday 3rd Nov 21 – Wednesday 8th Dec	10.30 – 13.00	Online - ZOOM
Thursday 11th Nov – Thursday 16 Dec	10.30 – 13.00	Online - ZOOM

To attend the online course, participants would need access to a PC, laptop or tablet that has a webcam and audio facilities.

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

To Refer: Email - lwltc@citizensadvicemidmercia.org.uk

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