

## Are you living with a long term health condition?

The Living Well course could help you to learn new skills to better manage your health condition.



We are now taking bookings for the next course in your area.

## The details of the next FREE course are as follows:

Every Friday from 7<sup>th</sup> February – 13<sup>th</sup> March 2020

Time: 10am – 12.30pm



Venue: Burgess Hill Town Council, Church Walk, RH15 9AS

Booking is essential – contact the team on:

Telephone: 01403 620448

Email: [sc-tr.livingwell@nhs.net](mailto:sc-tr.livingwell@nhs.net)

Visit: [www.sussexcommunity.nhs.uk/livingwell](http://www.sussexcommunity.nhs.uk/livingwell)

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