

Living with A Long Term Condition Programme

Start Dates	Time	Location
Thursday 18th January 18	13.30 – 16.00	Chesterfield Library New Beetwell Street Chesterfield
Wednesday 24th January 18	13.30 – 16.00	Trinity Hall Cross Street Long Eaton
Tuesday 6th February 18	13.30 – 16.00	Alfreton Library Severn Square Alfreton
Wednesday 7th February 18	13.30 – 16.00	Dronfield Library High Street Dronfield
Thursday 8th February 18	13.30 – 16.00	Clay Cross Tesco Community Room Clay Cross
Wednesday 21st February 18	13.30 – 16.00	CAB Office Church Gresley Swadlincote
Tuesday 13th March 18	13.30 – 16.00	Ilkeston Fire Station Derby Road Ilkeston
Tuesday 27th March 18	13.30 – 16.00	CAB Banks Road Matlock

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

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.

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