

Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes: Mid West Q3/4 2024

Venue	Day	Time	Start date	Finish date
Online	Monday	6.30pm – 9pm	16 th September 2024	21 st October 2024
Ennis Primary Care Centre	Tuesday	10.30am-1pm	17 th September 2024	22 nd October 2024
Island Road, Limerick City (Confined)	Wednesday	10.30am-1pm	18 th September 2024	23 rd October 2024
Nenagh	Thursday	10.45am-1.15pm	19 th September 2024	24 th October 2024
Island Road, Limerick City	Tuesday	10.30am-1pm	5 th November 2024	10 th December 2024
Ennis Primary Care Centre	Wednesday	10.30am-1pm	6 th November 2024	11 th December 2024
Hospital, Co. Limerick	Thursday	10.30am-1pm	7 th November 2024	12 th December 2024

To book your place contact

**Phillip Hennessy Tel: 087-1799396,
Email: phillip.hennessy2@hse.ie**

www.hse.ie/LivingWell



*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management
Support

Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.