

## Are you an adult living with a long-term physical or mental health condition and live in West Sussex, Brighton or Hove?

The online 'Living Well' course could help you. Our peer-led group courses give you the opportunity to learn new skills and techniques to better manage your condition and symptoms. Topics include:

- Pain & fatigue management
- Stress & anxiety
- Isolation
- Sleep
- Goal setting
- Relaxation & distraction
- Breathing exercises
- Medication management
- Working with your healthcare team...and more!



For details on the next course running in your area contact the team on:

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

01403 620448 / 01273 267545

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