

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with Post COVID19 Syndrome for more than 6 months?

Symptoms include fatigue, anxiety, low mood, sleep disturbance, pain.

What is Living Well?

Living Well is a free online group programme delivered over six workshops (2.5hrs x 6). 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 COVID19 Syndrome.

Upcoming Living Well Programmes (For people living with Post COVID19 Syndrome)

Day	Start Date	Finish Date	Time	Group
Mondays	24 th May	12 th July	10AM-12.30PM	Any Long-term Health Condition
Saturday	29 th May	10 th July	10am-12.30pm	Post COVID19 Syndrome
Tuesdays	15 th June	27 th July	10am-12.30pm	Post COVID19 Syndrome
Fridays	18 th June	20 th July	10.30am-1pm	Any Long-term Health Condition

To book your place contact:

Edel on 087 087 4088325 or Catriona: 087 2939881

selfmanagementsupportsSECH@hse.ie

One to one support and loan of devices available

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