

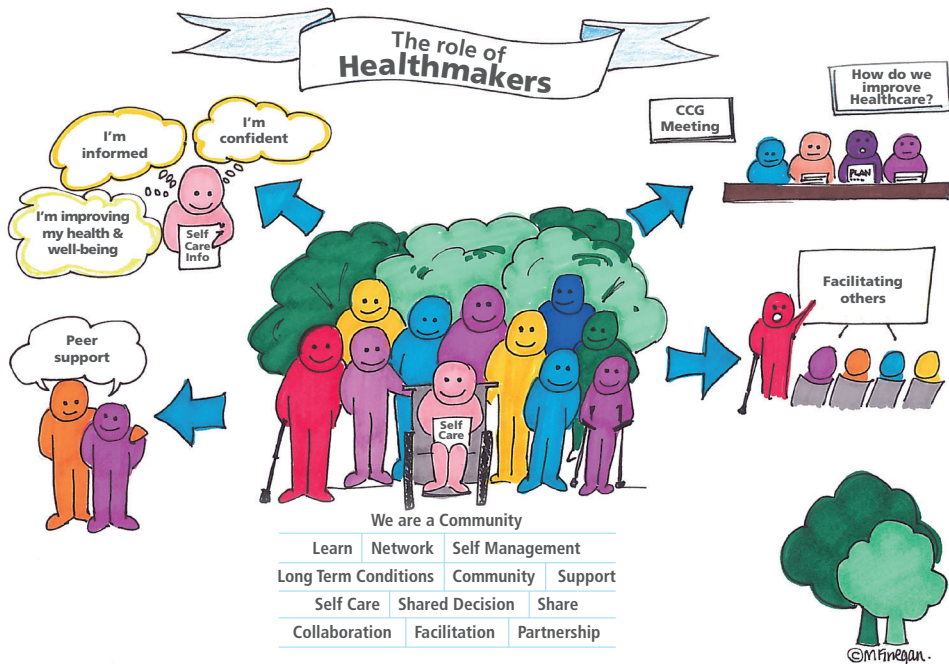
# HealthMakers

Living with a long term physical health condition?

Want to learn how to manage it better?

**Free NHS self-management courses now available**

**Book your place now!**



- Six week course to learn techniques and strategies for managing your condition
- Work and learn with others to improve your quality of life
- Suitable for any long term health condition

For details of course dates visit: [www.berkshirehealthcare.nhs.uk/healthmakers](http://www.berkshirehealthcare.nhs.uk/healthmakers)

To register your place email: [healthmakers@berkshire.nhs.uk](mailto:healthmakers@berkshire.nhs.uk)

or telephone **01344 415947**

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NHS Foundation Trust

# HealthMakers

What are **HealthMakers** self-management courses?

- A chance to explore a variety of proven skills and techniques that can help improve your ability to live better with your condition and improve your quality of life
- An opportunity to discuss the issues with your peers who can support you in your learning and who understand the challenges you face

All in a safe environment with fully trained facilitators.

## It will:

- Enable you to understand the benefits of good self-management and how this can improve your quality of life
- Help you to work in partnership with health professionals.

## What will I gain?

- Knowledge, skills and tools to help you manage your condition
- Listening skills and ability to learn from others
- Opportunity to inspire and be inspired
- Chance to help others in a similar situation and shape future experiences
- Ability to manage medication and ongoing treatment

## Who can attend?

The courses are aimed at adults (18+) who are living with a long term health condition and living in East Berkshire, covering: Ascot, Bracknell, Maidenhead, Sandhurst, Slough or Windsor and surrounding areas.



[www.facebook.com/HealthmakersUK](http://www.facebook.com/HealthmakersUK)

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