



Are you living with a Long-Term Health Condition?

Would you like to achieve a better quality of life?

Why not sign up to our FREE 4 week, half-day workshops:

My Health, My Way



2024/25 Workshops

Afternoons for 4 weeks

1:00 pm to 4:30 pm

ILP, 156 Mannamead Road,
Plymouth, PL3 5QL

4th to 25th September

8th to 29th October

13th Nov to 4th Dec

7th to 28th January

4th to 25th Feb

4th to 25th March

- Find new ways to manage your life in a friendly and relaxed atmosphere.
- Develop your knowledge, skills and confidence to self-manage the challenges you face
- Set and achieve your own goals
- Meet others, share experiences and learn new coping strategies

REFRESHMENTS PROVIDED

Call us on: 07305 006522

or email:

**self-management@improvinglives
plymouth.org.uk**

www.improvinglivesplymouth.org.uk

My Health, My Way
LONG-TERM CONDITION SELF-MANAGEMENT WORKSHOPS
2024-2025 at Improving Lives Plymouth

No	WORKSHOP DATES
1	4, 11, 18, 25 September 2024 - Wednesday 1:00 pm – 4:30 pm (afternoons)
2	8, 15, 22, 29 October 2024 – Tuesday 1:00pm - 4:30pm (afternoons)
3	13, 20, 27 Nov, 4 Dec 2024 - Wednesday 1:00pm - 4:30pm (afternoons)
4	7, 14, 21, 28 January 2025 – Tuesday 1:00 pm – 4:40 pm (afternoons)
5	4, 11, 18, 25 February 2025 – Tuesday 1:00 pm – 4:30 pm (afternoons)
6	4, 11, 18, 25 March 2025 – Tuesday 1:00 pm – 4:30 pm (afternoons)
7	2, 9, 16, 23 April 2025 – Wednesday 1:00pm – 4:30pm (afternoons)
8	6, 13, 20, 27 May 2025 - Tuesday 1:00pm - 4:30pm (afternoons)
9	4, 11, 18, 25 June 2025 - Wednesday 1:00pm - 4:30pm (afternoons)
10	2, 9, 16, 23 July 2025 - Wednesday 1:00 pm - 4:30 pm (afternoons)
11	6, 13, 20, 27 August 2025 - Wednesday 1:00pm - 4:30pm (afternoons)

Please contact us on 07305 006522 or email:
self-management@improvinglivesplymouth.org.uk
for further information