



# **NEW Self-Management Online Training Sessions designed for people living with a long term health condition in Highland**

**Starts:- Monday 28th October 2024,**

**Time:- 2pm to 4pm, Microsoft Teams**

**Duration:- 6 weeks**

**Module 1—What is self-management**

**Module 2—Pain & symptoms**

**Module 3—Effective communication**

**Module 4—Putting yourself at the centre & staying well**

**Module 5—Movement & Activity**

**Module 6—Managing change**

**Email Kirsteen to book a space**

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**[www.myself-management.org](http://www.myself-management.org)**