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# Help Yourself

[www.eppwales.org](http://www.eppwales.org)

**Free Health and wellbeing sessions**  
for people living with long term health  
problems and people **caring for a friend or  
relative.**

learn how to:

- **Cope better with: Pain, Tiredness, Depression, Stress, Loneliness, Sleep, Frustration, Exercise and Healthy Eating**
- **Breathe properly**
- **Relax**
- **Improve pain levels**
- **Solve problems**
- **Plan and succeed**
- **Make lasting healthy changes**



**We also run confidence building workshops**

**Please turn over for a list of courses running in  
Cardiff and the Vale of Glamorgan**



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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Free Courses in 2017

NHS Education Programmes for Patients and **Carers** (EPP)

### Living Well with a health problem

Date and day Course starts		6 week Health and wellbeing course	Time
9 Jan	Mon	Cardiff Royal Infirmary	1pm to 3.30
10 Jan	Tue	Canton Uniting Church	10 to 12.30
1 March	Wed	Barry Library	10 to 12.30
2 March	Thur	Rumney Hub	10 to 12.30
25 April	Tue	Ely Hub	10 to 12.30
25 April	Tue	Trinity Church, Penarth	1.30 to 4
27 April	Thur	Ararat Church, Whitchurch	1pm to 3.30
5 June	Mon	Cardiff Royal Infirmary	<b>6pm to 8.30</b>
6 June	Tue	Barry Library	10 to 12.30

### Living Well while Caring

For unpaid carers looking after relatives or friends

Date	1: Mental Health and Wellbeing		Time
	2: Physical Health and wellbeing		
28 Feb Tue	Workshop 1	Cardiff Royal Infirmary	10.30-12.30
7 March Tue	Workshop 2	Cardiff Royal Infirmary	10.30-12.30
April 2017	Workshop 1	Barry Library	10.30 –12.30
April 2017	Workshop 2	Barry Library	10.30 –12.30

### Living Well with Diabetes

Diabetes Self Management 6 week course

12 Jan	Thur	Cardiff Royal Infirmary	10 –12.30
1 March	Wed	Dinas Powys Medical Centre	13.30 – 16.00
21 Sept	Thurs	Barry Library	10 - 12.30

#### Confidence Building workshops – 4 weeks

10 Jan	Tue	Near Cardiff Royal Infirmary	1 to 2.30
11 Jan	Wed	Barry	2 to 3.30

To book a place Tel: 029 20335403

Email: [carol.young@wales.nhs.uk](mailto:carol.young@wales.nhs.uk)

Text: "interested" and your name to 07976050166

Visit our website: [www.eppwales.org](http://www.eppwales.org) for more courses