**Versus arthritis**

**FREE 6-week sELF-MANAGEMENT COURSEs**

**Jan – March 2023**

**(2.5-hour session weekly for 6 weeks)**

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| VENUE  | Day | DATES  | TIMES  |
| Girdwood Community Hub10 Girdwood AvenueBelfastBT14 6EG | Wednesday(weekly) | 18th January – 22nd February | 11.00am – 1.30pm |
| Harpurs Hill90 Tullyarton RoadColeraineBT52 2EL | Thursday(weekly) | 26th January – 2nd March  | 11.00am – 1.30pm |
| Belfast Central LibraryRoyal AvenueBT1 1EA | Tuesday(weekly) | 7th February – 14th March | 11.00am – 1.30pm |
| Brownlow Library3 Brownlow RoadCraigavonBT65 5DL | Tuesday(weekly) | 21st February – 28th March  | 11.00am – 1.30pm |
| Peninsula Healthy Living Centre4 Church GroveKircubbinBT22 2SU | Wednesday(weekly) | 1st March – 5th April | 11.00am – 1.30pm |
| Clough 18 The SquareCloughDownpatrickBT30 8RB | Monday(weekly) | 6th March – 10th April | 11.00am – 1.30pm |
| Online 2023/36 | Tuesday(weekly) | 10th January – 14th February | 6.00 – 8.30pm |
| Online 2023/40 | Friday(weekly) | 3rd February – 10th March | 11.00am – 1.30pm |
| Online 2023/44 | Thursday(weekly) | 2nd March – 6th April | 6.00 – 8.30pm |

**WHAT WILL THE above 6-week COURSE OFFER ME?**

* Peer support
* Some proven techniques to help manage your pain and condition
* Empowerment to take control of your own health
* Guidance towards you making positive changes in your life

**Please turn over this is a 2-sided document**

**FREE refresh & reset sELF-MANAGEMENT sessions**

**Jan – March 2023**

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| VENUE  | Day | DATE | TIMES  |
| The Jethro Centre6 Flush PlaceCraigavonBT66 7DT | Thursday(One of session) | 12th January  | 11.00 – 12.30 |
| Clough18 The Square CloughDownpatrickBT30 8RB | Friday(One of session) | 27th January | 11.30 – 1.00pm |
| Ballybot House28 CornmarketNewryBT35 8BG | Friday(One of session) | 24th February  | 11.30 – 1.00pm |
| Online 2023/R8 | Monday (One of session) | 23rd January  | 12.00 – 1.30pm |
| Online 2023/R11 | Tuesday | 21st March  | 6.00 – 8.30pm |

**WHAT WILL THE above one-off refresh and reset session OFFER ME?**

These sessions are for both those who have already attended one of our 6-week programmes AND those who would like a taste of what Self-Management is all about! Refresh the skills you have learnt previously or come along and find out how to manage with a long-term condition in a short session.

**HOW DO I SIGN UP to any of the courses?**

Email us at [nireland@versusarthritis.org](http://)

Phone us on 02890 782940

Scan the QR code below (simply open the camera on your phone and hold it up to the code, click on the message that appears and fill out the form)

Visit [https://forms.office.com/r/4YxHbWPmid](http://)



None of these courses suit me or I do not wish to attend a course, what do I do?

Let us know and we will not contact you again until our next calendar is issued.

Let us know that you would like to be removed from our waiting list and we will remove your details.