



the
hope
programme

NHS

Dorset
Clinical Commissioning Group

help&care

**Our
Dorset**
Local NHS and Councils Working Together

Do you want to rediscover your strengths and increase your ability to cope and live well?

FREE SELF-MANAGEMENT COURSE HELPING YOU TAKE CONTROL OF YOUR WELLBEING

This 6 session course covers topics such as:

- Managing stress, fatigue and getting better sleep
- Mindfulness
- Dealing with setbacks
- Communication and relationships
- Getting active, creative and eating well
- Using your strengths to make you happier

"Truly amazing journey of life change with other people. The feeling of not being alone in my struggles made me feel empowered and gave me hope. It changed my life for better."

- Arushi, living with fibromyalgia



6 WEEKS STARTING ON:

VENUE:

TIME:

To book your place please contact: