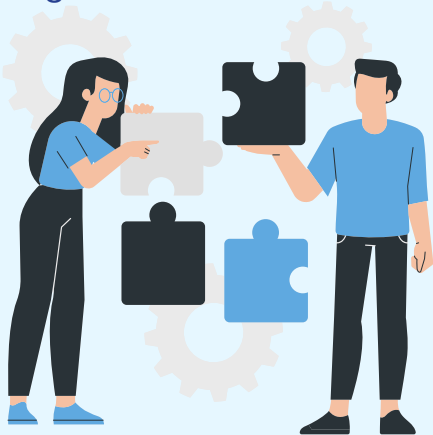


LIVING WELL THINKING WELL

For people with a palliative diagnosis,
living in the Southern Trust Area




A six-week group programme
to help you understand your
illness, think about your future,
and help you live well.



LIVING WELL THINKING WELL

A group programme to connect with others who are living with illness. With any group, no matter how tough the topic, there will be a few laughs along the way!

Weekly sessions will focus on understanding:

- Stress and the importance of self care
 - Symptom control
 - Medication management
 - Treatments to manage fatigue, breathlessness, improve strength and general fitness.
 - The impact of loss, change and tips for starting tender conversations
 - Things to think about when planning ahead
 - Accessing other helpful services.
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HOW TO REGISTER:

- Call our Patient & Family Support Team Manager on 028 3026 7711 or email communityservices@southernareahospiceservices.org
- Visit our website www.southernareahospiceservices.org/referral-community-services
- Scan to access referral form

