FREE SELF-MANAGEMENT COURSE

TRAINING CALENDAR

Quarter 4

January – March 2022

## CHALLENGING YOUR CONDITION COURSE (2.5 hour session for 6weeks)

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| **VENUE** | **DATES** | **TIMES** |
| Online | Monday  10, 17, 24, 31Jan, 7 and 14 February 2022 | 10.30am – 1.00pm |
| Online  **\*\*Primarily for participants from SHSCT** | Wednesday  12, 19, 26 Jan, 2, 9, and 16 February | 1.30pm – 4.00pm |
| Online | Thursday  20, 27 Jan, 3, 10, 17 and 24 Feb | 06.00pm – 8.30pm |
| Online | Saturday  12, 19, 26 Feb, 5, 12, 19 March | 11.00am – 1.30pm |
| Online | Monday  21, 28 Feb, 7, 14, 21, 28 March | 06.00pm – 8.30pm |
| Online  **\*\*Primarily for participants from SHSCT** | Wednesday  23 Feb, 2, 9, 16, 23 and 30 March | 06.00pm – 8.30pm |
| Online | Friday  25 Feb, 4, 11, 18, 25 March, 1 April | 10.30am – 1.00pm |
| Online  **\*\*Primarily for participants from SHSCT** | Tuesday  8, 15, 22, 29 March, 5, 12 April | 01.30pm – 4.00pm |
| Face to Face Course  TBC | TBC |  |
| Face to Face Course  TBC | TBC |  |

## \*Primarily for Southern Trust. However, participants from Southern Trust can be allocated other days if these don’t suit

## CHALLENGING PAIN(1.5 hour session for 2 weeks)

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| **VENUE** | **DATES** | **TIMES** |
| Online | Friday  7 and 14 January | 11.00am– 12.30pm |
| Online | Tuesday  8, 15 February | 06.00pm – 7.30pm |
| Online | Thursday  17, 24 February | 02.00pm – 3.30pm |
| Online | Tuesday  15, 22 March | 06.00pm – 7.30pm |

## To confirm your place or for more information about courses please contact

Yvonne on 028 9078 2940 or [y.knipe@versusarthritis.org](mailto:y.knipe@versusarthritis.org).

**A close up of a logo

Description generated with very high confidence**