

# Want to Take Control of Your Health?



## NICHS "Taking Control" Self Management Programme

The programme will help you develop the skills and confidence you need to better manage your condition and help you feel stronger and better equipped to deal with daily life.

The programme is a weekly workshop of **2½ hours** over **six weeks** and covers:

- Managing symptoms
- Medication "how-to"
- Working with your health care team
- Setting weekly goals
- Effective problem solving
- Better communication
- Handling difficult emotions
- How to relax
- Tips for eating well
- Safe, easy exercise



The next Programme in **BELFAST** starts on  
**Tuesday 9th January 2018 at 10.45 am**  
**Poskitt Room, NICHS**  
**21 Dublin Road, Belfast, BT2 7HB**

and continues each Tuesday for 6 weeks – 10.45 am – 1.15 pm

To book your **FREE** place or for further information contact  
**Paul Carson** on **07970856467** or **paul.carson@nichs.org.uk**