



## Free NHS Health and Well Being Course

- Stress
- Tiredness
- Pain
- Tense muscles
- Difficult emotions
- Difficulties with sleep
- Depression
- Mobility issues

**Do you recognise any of these symptoms?**

**Are you interested in joining a group for 2.5 hours**

**6 week Course: Living with Chronic Pain.**

Forthcoming Courses:

**The Settlement Pontypool**

**Monday 27<sup>th</sup> January 2020**

**10:00 am until 12:30 pm**

All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact Jules Godden** via T: 01633 247674 | E: [jules.godden@gavowales.org.uk](mailto:jules.godden@gavowales.org.uk)



Find us on Facebook to keep up-to-date with new courses etc.: **@EPPCymru**

