

**Free, NHS support to help you better manage your long-term condition**

Croydon's Expert Patient Programme aims to help you to improve your health and wellbeing and better manage your condition through learning self-management skills and sharing similar experiences with others.

Croydon's first Expert Patient Programme starts on 17<sup>th</sup> January 2019 and will run for six weeks – be the first to join us.

## **How long is the course?**

The course is FREE and runs over six weekly sessions, on the same day each week.

Each session lasting for 2 hours 30 minutes. All sessions will be held in central Croydon.

## **For more information...**

Or to register on a course, please contact: Kevin Driscoll at Croydon CCG

Email: [kevin.driscoll@swlondon.nhs.uk](mailto:kevin.driscoll@swlondon.nhs.uk)

[www.croydonccg.nhs.uk](http://www.croydonccg.nhs.uk)