



*'Live Better to Feel Better!'*

**Gloucestershire  
Self Management**



**Gloucestershire Health and Care**  
NHS Foundation Trust

# Live Better to Feel Better!

Learn techniques to help manage your long-term health condition

- Friendly
- Informal
- Three hours a week
- For five weeks
- Across the county

## @Get in Touch!

[www.glos-care.nhs.uk/lbfb](http://www.glos-care.nhs.uk/lbfb)

tel: 0300 421 1623

email: [gloucestershire.selfmanagement@nhs.net](mailto:gloucestershire.selfmanagement@nhs.net)

@nhs.net

## What We Offer!

Techniques to help with:

- Breathing and relaxation
- Getting a good night's sleep
- Managing low mood
- Food awareness
- Being active
- Problem solving
- ...and more!



with you, for you working together | always improving | respectful and kind | making a difference