

Chronic Disease Self Management Programmes

Open to Dudley Residents, Carers & Patients



Learn skills and techniques to manage your Physical & Mental health

Join our small friendly groups for a FREE 6 week course
(2.5 hour weekly sessions)

Our next Chronic Conditions Self Care Programmes

- Mon 6 Jan - Mon 10 Feb 2025 - Merry Hill (10.30am)
- Thurs 9 Jan - Thurs 20 Feb 2025 - Zoom (6pm)
- Fri 10 Jan - Fri 14 Feb 2025 - Coseley (1pm)
- Thurs 3 Apr - Thurs 8 May 2025 - Merry Hill (10.30am)
- Mon 6 Oct - 10 Nov 2025 - Merry Hill (10.30am)
- Wed 29 Oct - 3 Nov 2025 - Dudley (10.30am)

(Registration required)



For more information contact:

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Dudley
Empowerment
Partnership