**Self-Management Courses in Haringey**

**Expert patients Programme** is a free Self-Management course for anyone living with one or more long term health conditions. The course is designed to help people gain greater knowledge, confidence and skills to self-manage, and improve their quality of life. The course is for 6 week. Each session lasts for 2.5 hours

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| **Expert Patients Programme** | | | |
| **Start Date** | **Time** | **Venue** | **End date** |
| Thursday 12 January 2017 | 10.00-12.30pm | Asian Centre 8 Caxton Road, Wood Green, N22 6TB | Thursday 16 February 2017 |
| Wednesday 8 February 2017 | 1.30-4.00pm | Tynemouth Road Health Centre, 24 Tynemouth Road, N15 4RH | Wednesday 15 March 2017 |
| Friday 24 February 2017 | 10.30-1.00pm | Hornsey Central Neighbourhood Health Centre, 151 Park Road, N8 8JD | Friday 31 March 2017 |
| **\*\*Turkish\*\***  Monday 20 February 2017 | 10.30-1.00pm | Asian Centre 8 Caxton Road, Wood Green, N22 6TB | Monday 27 March 2017 |

**For more information and all enquiries, please contact Davina Ledermann on Tel: 020 7527 1707, Email:** [**Davina.Ledermann@nhs.net**](mailto:Davina.Ledermann@nhs.net)

**Self-Management Courses in Haringey**

**The Diabetes Self-Management Programme** is a free Self-Management course for anyone living with type 2 diabetes. The course is designed to help people gain greater knowledge, confidence and skills to self-manage, and improve their quality of life. The course is for 7 week. Each session lasts for 3 hours

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| **Diabetes Self-Management Programme** | | | |
| **Start Date** | **Time** | **Venue** | **End date** |
| Tuesday 3January 2017 | 09.00-12.00pm | Hornsey Central Neighbourhood Health Centre, 151 Park Road, N8 8JD | Tuesday 14 February 2017 |
| Thursday 9 February 2017 | 09.30-12.30pm | Tynemouth Road Health Centre, 24 Tynemouth Road, N15 4RH | Thursday 23 March 2017 |

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