

Living with Multiple Sclerosis

Do you live with multiple sclerosis or support someone who does? Join this friendly and practical 6-week pilot course to:

- ✓ **Manage symptoms**
- ✓ **Boost confidence**
- ✓ **Support your mental health and wellbeing**



“Since attending a course, I have managed my health much better and feel so much more in control of my life.”

Course dates:

Monday 23 February
Monday 2 March
Monday 9 March
Monday 16 March
Monday 23 March
Monday 30 March

Time: 10:30am - 1pm

Venue: Trelai Racecourse Room,
Dusty Forge, 460 Cowbridge
Road, West Ely, Cardiff, CF5 5BZ

To enquire or book, email:
eppcymru@wales.nhs.uk

Scan to book
onto the course



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