

Living Well with a Skin Condition

5 Session Course

Weekly sessions

Manage physical symptoms

Cope with stress and low mood

Deal with worries about your skin

LIVING WITH A SKIN CONDITION CAN MAKE LIFE DIFFICULT AND STOP YOU DOING THINGS YOU ENJOY. THIS COURSE CAN HELP YOU REALISE YOU'RE NOT ON YOUR OWN, LEARN NEW SKILLS, AND ENJOY LIFE AGAIN.



Anaya

Book for FREE 0114 271 6568

Find out more at

www.iaptsheffield.shsc.nhs.uk