



LIVING WITH MULTIPLE SCLEROSIS?

WE CAN HELP TO INCREASE YOUR
ABILITY TO COPE.

A FREE SELF-MANAGEMENT
COURSE THAT FITS AROUND YOUR
LIFE.



This 6 session online course covers topics such as:

- Managing fatigue and getting better sleep with mindfulness
- Stress management, goal-setting and gratitude
- Getting active, creative and eating well
- Using your strengths to make you happier
- The course is facilitated by people with lived experience of MS

HOPE PROGRAMME FOR MS

**Would you like to feel less
tired, less stressed and
more in control?**

**Meet others in the same
situation and build skills to
help you cope better.**

**START DATE
05.10.2022**

6 WEEKLY ONLINE SESSIONS



SCAN ME

**BOOK NOW
WWW.H4C.ORG.UK/
COURSES**

OR PHONE 024 7736 0153