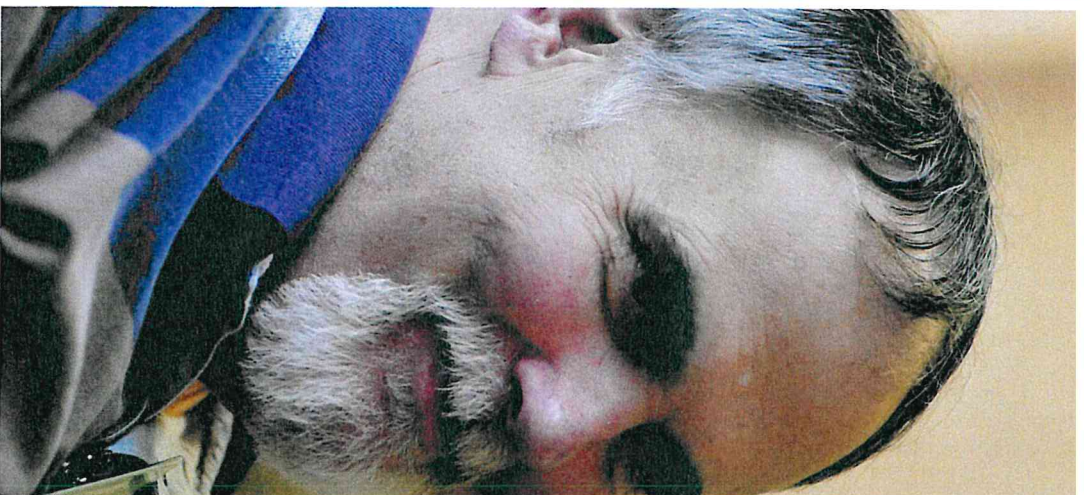


# Who can join Living Well courses?

Courses are open to people with a life-limiting condition - such as cancer; heart failure; chronic obstructive pulmonary disease (COPD); chronic kidney disease; Parkinson's & motor neurone disease - who are registered with a south Worcestershire GP.

There is a short assessment & programmes are tailored to the individual.

Courses include relaxation; fatigue management; coping with illness; adapted sitting and standing Tai Chi; managing breathlessness; finding inner peace; sharing stories and arts and crafts. Complementary therapies may also be offered.



# Supporting you to live well

Courses to help you manage symptoms & increase confidence and independence



St. Richard's Hospice  
CARING FOR LIFE



Our free courses are designed for people with an illness which affects their life expectancy, to help learn new skills and strategies through therapies, exercise, creativity and group support.

Talk to your health care professional about referral  
Visit our website or call the Gateway Team on 01905 763963

01905 763 963

[www.strichards.org.uk](http://www.strichards.org.uk)  
St Richard's Hospice, Wildwood Drive, Worcester WR5 2QT  
Registered charity number 515668

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