



ARTHRITIS CARE

SCOTLAND

# Joint Understanding

## TLC for LTC

Arthritis?

Epilepsy?



Diabetes?

MS?

Do **you** live with a long term condition?

Come along to our **free** self management sessions designed to **support** and provide **information** for people living with long term conditions.

Topics covered include : **Understanding Pain, Effective Communication and Managing Change**

**Where:** Rothes Hall, Rothes Square, Glenrothes

**When:** 7th, 14th & 20th May 2014, 10am–1pm

To register or for more details call 0845 600 3756 or email [ChrisW@arthritiscare.org.uk](mailto:ChrisW@arthritiscare.org.uk)



The TLC for LTC Project is supported by the Self Management IMPACT Fund for Scotland provided by the Scottish Government, administered by Health and Social Care Alliance Scotland.



Registered Charity Number 206563 and SC038693