

Covering Brunswick Park, Colney Hatch, East Barnet,
Friern Barnet, Oakleigh Road & St Andrews surgeries

**Do you have a long
term health condition?**

**Do you care for
someone with a long
term health condition?**

**Learn to better
manage your
long term health
condition**

**Then join our training
course**

What you will gain:

- **Feel more confident in managing your long-term health condition**
- **Reduce depression & loneliness**

Please note:

- **The training course consists of half-day training sessions, which run weekly, for 6 weeks**
- **Candidates for the training will need to commit to attending all of the sessions.**

Barnet CEPN and Public Health have launched an Expert Patient Training course (A Chronic Disease Self Management Programme)

There will be two courses:

**Starting Thursday 31st January 2019
and Wednesday 6th February 2019**

10.30am to 1.00pm

**Running every week, for 6 weeks, at
Finchley Memorial Hospital**

**Pre-booking is essential. You may be
able to join a waiting list for further
courses.**

**If you wish to attend please contact
Fay Heatley by email:**

barnet.cepnquality@nhs.net

**This short video from gives a
good introduction to the training: -**

<https://www.youtube.com/watch?v=c4bIDh8Qbho>

**A Barnet Community Education Provider Network Community Programme
in partnership with**

