

# Confidently manage your health and feel more in control in just 6 weeks

## Expert Patients Programme

- Online Delivered via ZOOM  
Starting :Wednesday 17<sup>th</sup> Jan 2024 10am -12.30pm  
Ending :Wednesday 21<sup>st</sup> Feb 2024 10am -12.30pm

6 week course, one 2 and half hour session each week

For more information, please get in touch for a free confidential conversation

**Tel:0207 527 1189/ 1707**

e-mail: [whh-tr.Self-Management@nhs.net](mailto:whh-tr.Self-Management@nhs.net)

**Website:** <https://www.whittington.nhs.uk/selfmanagement>

SUPPORTED  
SELF-MANAGEMENT

Live well  
with health  
conditions

Expert Patients  
Programme (EPP)

It has given me a  
new lease of life

**Manage your Type 2 diabetes and gain control of your health in just 7 weeks.**

SUPPORTED  
SELF-MANAGEMENT

## **Diabetes Self-Management Programme DSMP**

**Online Diabetes Self-Management Programme**

**Starting Thursday 18<sup>th</sup> Jan 23<sup>h</sup> 1:00pm-4:00pm  
for 7 weeks . Delivered via ZOOM**

**F-2-F Diabetes Self-Management Programme**

**Starting Friday 19<sup>th</sup> January 24 1:30pm-4:30pm  
for 7 weeks**

**Location: Hornsey Rise Health Centre  
Hornsey Rise N19 3YU**

**Tel: 0207 527 1558**

**Email: [whh-tr.Self-Management@nhs.net](mailto:whh-tr.Self-Management@nhs.net)**

