



# Health Event

## Haringey Self-Management Programmes

Do you live or work in Haringey? Come along to find out more about our FREE Self-Management courses for people living with long-term health problems e.g. arthritis, chronic fatigue, depression, diabetes, heart disease, lung disease, on-going pain etc.



23<sup>rd</sup> of February 2016



4 – 6PM



Tottenham UTC,  
Lilywhite House, 780  
High Road, N17 0BX



### Event Programme

**Health & Wellbeing stalls**

**Special Guest**

**Participant experiences**

For more information please contact  
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