



Living Better

with a long term condition in

Wick & Thurso

Monthly peer support group meetings

Day	Venue	Time	Dates		
Thu	Wick The Healing Hub 37 Smith Terrace KW1 5HD	10.30 - 12.30	3rd Nov	1st Dec	2nd Feb
Mon	Thurso United Reformed Church	11 - 1	24th Oct	28th Nov	23rd Jan

These groups are hosted by our Development Officer, Kirsteen Campbell

To be considerate to others, please do not attend if you or anyone in your household is unwell with respiratory or Covid-19 symptoms.

Contact lgowitruth@highlandtsi.org.uk or 07521 503144 for more info

We also offer online activities including

Self management & long covid eLearning modules

Informal and self management themed chats

Wellbeing e.g. mindful movement & sound therapy

For more information see www.lgowit.org and our social media @LGOWIT