

# HOPE PROGRAMME FOR LONG- COVID

FREE SELF-MANAGEMENT COURSE,  
TO HELP YOU COPE WITH FATIGUE,  
ANXIETY AND BRAIN FOG.



## ARE YOU, OR A LOVED ONE, LIVING WITH LONG-COVID?

Would you like to learn tips  
to help manage and cope  
with fatigue, anxiety and  
brain fog?

Meet others in the same  
situation and build your  
skills to help you cope  
better.



This 8 session course is  
delivered online via our  
platform.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous

BOOK NOW  
[WWW.HOPECWR.H4C.ORG.UK/  
HOPECOURSES](http://WWW.HOPECWR.H4C.ORG.UK/HOPECOURSES)  
OR PHONE 024 7736 0153



SCAN ME

START DATE  
**22.09.2021**