

## Future EPP Living with Long Covid courses 2021

Virtual	Venue	Course / Event Name	Day	Time	Dates
Virtual course	Via Zoom	6 Wk Long Covid Management course	Tuesday	10:30 am - 12:00 pm	20 <sup>th</sup> April 21 - 25 <sup>th</sup> May 21
Virtual course	Via Zoom	Dual Long Covid Support Session	Monday Wednesday	11:00 am - 12:15 pm	17 <sup>th</sup> May 19 <sup>th</sup> May
Virtual course	Via Zoom	Dual Long Covid Support Session	Wednesday Friday	11:00 am - 12:15 pm	2 <sup>nd</sup> June 21 4 <sup>th</sup> June 21
Virtual course	Via Zoom	6 Wk Long Covid Management course	Wednesday	1:30 pm - 3:00pm	9 <sup>th</sup> June 21 - 14 <sup>th</sup> July 21
Virtual course	Via Zoom	Dual Long Covid Support Session	Wednesday Friday	11:00 am - 12:15 pm	21 <sup>st</sup> July 21 23 <sup>rd</sup> July 21
Virtual course	Via Zoom	Dual Long Covid Support Session	Monday Tuesday	11:00 am - 12:15 pm	9 <sup>th</sup> August 21 10 <sup>th</sup> August 21
Virtual course	Via Zoom	Dual Long Covid Support Session	Monday Wednesday	11:00 am - 12:15 pm	23 <sup>rd</sup> August 21 25 <sup>th</sup> August 21
Virtual course	Via Zoom	6 Wk Long Covid Management course	Tuesday	10:30 am - 12:00 pm	7 <sup>th</sup> September 21 - 12 <sup>th</sup> October 21

**The Above courses are for the support of patients with Long Covid.**

**You will find 2 types of courses listed above, 6 week and a Dual session which is 2 sessions within the week, they are very different and it is suggested that attending both will provide knowledge and guidance to greater confidence and management of the condition and its symptoms.**

**For More Information or to Book onto a Free NHS Course please contact:**

**Jules Godden EPP Master Trainer and Co-ordinator Newport, Caerphilly, Torfaen and Monmouthshire**

**Email for more information :** [jules.godden@gavo.org.uk](mailto:jules.godden@gavo.org.uk)

**Sue Arnold Co-ordinator Blaenau Gwent:** [sue.arnold@gavo.org.uk](mailto:sue.arnold@gavo.org.uk)



**@EPPCymru**

Follow us on face book