

## **Patient Education courses**

Stockport NHS runs two group courses to help people manage long-term illnesses. One course is called Diabetes X-Pert and helps people with Type 2 diabetes, whether newly diagnosed or who have had the condition for a while.

The other course is called Expert Patient Programme and is to help anyone living with a long-term health condition to manage their symptoms better and feel more in control of their life.

**The courses are free** and are run in various venues across Stockport. Each course runs for 2.5 hours each week for 6 weeks.

**For further information** on the Diabetes XPert course

**Go to:**

[https://www.stockport.nhs.uk/services\\_827f](https://www.stockport.nhs.uk/services_827f)

**For further information** on the Expert Patient Programme

**Go to:**

<https://www.stockport.nhs.uk/ServicesDetail.aspx?id=833>

New courses run throughout the year, but you can ring 0161-835-6689 for an application form to go on the waiting list.