

# LONG TERM CONDITIONS HEALTH EVENT

**Reid Hall – Forfar**  
**Thursday 30 April 2020**  
**11 am to 3.30 pm**

- Do you have a long term condition or know someone who does?
- Would you like to know more about your condition?
- Would you like to feel more in control of your condition?
- Would you like to know what is available locally?

The more you know about your condition the easier it is to manage. Please come along to this event to find out more about your condition and what is available locally to support you. There will be information stands, some free goodies and free refreshments.



For further information telephone (01307) 492575 or  
email: [achppatientcourses.tayside@nhs.net](mailto:achppatientcourses.tayside@nhs.net)