



Free Fibro Therapy Courses

At Petersham Community Hall, Grasmere Road, Long Eaton. NG10 4DZ

Time: 10.30hrs to 12.30hrs

Dates: 12-week course (max 15 places per course)

- Course 1: Thursday Sept 29th – Dec 15th 2022 - **Course Full**
- Course 2: Thursday Jan 12th – March 30th 2023 - **Course Full**
- Course 3: Thursday Apr 27th – July 13th 2023 10 places remaining

Course content

The sessions will cover all aspects of understanding and management of the illness including;

- symptoms
- emotional support
- nutrition and lifestyle
- mind/body exercise tai chi and qigong.

Who is the course for?

The courses will be open to anyone aged 18+ diagnosed with Fibromyalgia, Chronic Fatigue Syndrome, Long Covid and their carers

- who have not accessed the group before,
- are unable to attend our Tuesday sessions
- members/ former members whose circumstances have changed and need help financially to access support and have not returned after lockdown.

Julie@fibroactive.co.uk

Look out for project information at:

fibroactive.co.uk

Fibro Therapy Booking Form

Name:	Mobile:	
Email:		
Address:	Postcode:	
Please tick which course you would like to attend.		
Course 1:	Course 2:	Course 3:
NB/ The hall is full accessible and has disabled facilities. Mobility scooters can be left in the entrance. Only manual wheel chairs can enter the hall. Please ask if you use a motorised wheel chair.		
Refreshments We will provide tea, coffee, fruit teas and biscuits etc. Please let us know if you have any dietary needs.	Dietary needs	
Please let us know how you will be attending below:		
Face to face at venue:	Zoom:	
<p>Your commitment</p> <p>We fully understand the unpredictability of the illness. It is easier to cancel than attend. However, for you to benefit from this course, we would appreciate that you aim to attend all the sessions. This course is run by volunteer sufferers, please consider our time and efforts to help you.</p> <p>If you are not able to attend for any reason, please let us know as we need to know you are ok and we need this feedback to report to our funders to enable the courses to continue.</p>		
I pledge to myself, that I will attend all of the Fibro Therapy course, even on my worst days so that I am able to learn about my symptoms and how to manage them.		
Signed:	Date:	
Where did you hear about the course?		
<p>Please return to Julie@fibroactive.co.uk</p> <p>Or post to: Fibro Active, c/o 20 Kirkwhite Avenue, Long Eaton. Nottingham. NG10 1BS</p>		

