

**‘We Recover’**

 **Long Covid Support Group**

***Have you been diagnosed with Long Covid?***

***Do you have ongoing symptoms of Long Covid?***

**If so, this group could be for you.**

‘We Recover’ is a Long Covid Support Group that has been designed to help individuals make positive changes to promote wellbeing. We will provide you with tools and techniques, over a 6-week period, to support your road to recovery. This is a Council led service and there is no charge.

**Sessions start**

**Thursday 30 September to 04 November**

**1.00pm to 2.30pm**

**The Poppy Day Centre**

**16-18 Worsley Road**

**Swinton M27 5WW**

**To book your place call the Health Improvement Team on 0800 952 1000 Option 2 or email** **health.improvement@salford.gov.uk** **️**