

**THE
KIRKWOOD
SUPPORT
LIFE.**

WELLBEING SESSIONS

The Kirkwood offer a wide range of wellbeing sessions across Kirklees, designed to help you live well and improve your quality of life in the ways that matter to you.

thekirkwood.org.uk



Are you living with a condition or supporting someone who is?

We're now delivering sessions in towns and villages across Kirklees. Our wellbeing sessions are designed to support anyone affected by a life limiting illness. Whether you or someone your care for is living with cancer, heart failure, COPD, Motor Neurone Disease or any other life limiting condition – we can help.

Join us at a Drop In Session, book onto one of our condition specific courses or come along and join The Kirkwood Chorus, our wellbeing programme is all about supporting you to continue doing what makes you happy. You'll discover ways to cope with an illness, meet new people and get help with your condition when you need it so you can improve your quality of life.

Scan the QR code below or visit The Kirkwood's website to find out more.



thekirkwood.org.uk

**THE
KIRKWOOD
SUPPORT
LIFE.**