

# My Life for your Life?

- ✓ Are you living with disability as a result of a long term neurological condition or chronic pain?
- ✓ Do you, or your spouse or carer, feel that your illness dominates your life, that you'd like to take more control & lead the sort of life you want?
- ✓ Do you feel that understanding who does what, and getting through to the right person is confusing and unclear?
- ✓ Would you like to have the opportunity to explore how things could be different, and have information about getting the best from Services?

If so, then the *My Life* programme IS for you.

- My Life is a programme designed to improve your general wellbeing through five relaxed, participative and fun group sessions, complemented by 1 to 1 coaching support.
- My Life is delivered by people who have a wide range of skills and experience in helping people like you take control with a Can Do approach to their life's and future.

Programmes start in Redcar: November 6<sup>th</sup> 2012

Middlesbrough: January 2013

Interested and want to know more?

Telephone Lynne on 01642 343449 or

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