

If you would like to help us help people with Psoriasis and/or Psoriatic Arthritis or if you would like to learn more about managing your condition, please contact us!

**Following the success of the first ever Self Management Course for Psoriasis and Psoriatic Arthritis in 2010, PSALV, Psoriasis Scotland has been awarded funding to run a second course in June 2011.**



If you have psoriasis and/or psoriatic arthritis and would like to take part in this **FREE** course, in Glasgow, we are looking for people

**EITHER to train as Volunteer Peer Group Leaders – you don't need medical knowledge as specialists will provide input but you do need to be able to attend a training day on Tuesday 3rd May 2011**

**OR to take part in the course which will run on Wednesday 1st, 8th, 15th, 22nd and 29 June, from 6.30pm – 8.30pm**

Group Leader Training and the Self Management Course will both be held at LTCAS, Venlaw Building, 349 Bath Street, Glasgow in a friendly, relaxed environment. Refreshments provided.

Self Management courses aim, with focussed activities, to support you in living with your long-term condition, to develop the confidence and knowledge you need to manage your condition better, and to have more control over your life. Healthcare professionals will be taking part as guests, in some sessions.

**Please contact:**

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