

### Future EPP Living with Long Covid courses 2022

Virtual	Venue	Course / Event Name	Day	Time	Dates
Virtual course	Via Zoom	Dual Long Covid Support Session	Monday Wednesday	10:00 AM – 12:00 PM	25 <sup>th</sup> And 27 <sup>th</sup> April 22
Virtual course	Via Zoom	Dual Long Covid Support Session	Tuesday Thursday	6:00 PM – 8:00 PM	3 <sup>RD</sup> And 5 <sup>th</sup> May 22
Virtual course	Via Zoom	6 Wk Long Covid Management course	Monday	10:00 AM – 12:00 PM	9 <sup>th</sup> May 22 - 13 <sup>th</sup> June 22
Virtual course	Via Zoom	Dual Long Covid Support Session	Tuesday Thursday	1:00 PM – 3:00 Pm	28 <sup>th</sup> And 30 <sup>th</sup> June 22
Virtual course	Via Zoom	Dual Long Covid Support Session	Tuesday Thursday	10:30 AM – 12:30 PM	26 <sup>th</sup> And 28 <sup>th</sup> July 22
Virtual course	Via Zoom	Dual Long Covid Support Session	Monday Wednesday	1:30 PM – 3:30 PM	15 <sup>th</sup> And 17 <sup>th</sup> August 22
Virtual course	Via Zoom	6 Wk Long Covid Management course	Friday	10:00 AM- 12:00PM	9 <sup>th</sup> September 22 - 14 <sup>th</sup> October 22
Virtual Course	Via Zoom	Dual Long Covid Support Session	Tuesday Thursday	1:00 PM -3:00 PM	27 <sup>th</sup> And 29 <sup>th</sup> September 22
Virtual Course	Via Zoom	Dual Long Covid Support Session	Monday Wednesday	10:00 am-12:00 PM	24 <sup>th</sup> And 26 <sup>th</sup> October 22
Virtual Course	Via Zoom	Dual Long Covid Support Session	Tuesday Thursday	1:00 PM – 3:00 PM	22 <sup>nd</sup> And 24 <sup>th</sup> November 22
Virtual Course	Via Zoom	6 Wk Long Covid Management course	Monday	1:00 PM- 3:00 PM	7 <sup>th</sup> November 22 - 12 <sup>th</sup> December 22
Virtual Course	Via Zoom	Dual Long Covid Support Session	Monday	10:00 AM – 12:00 PM	5 <sup>th</sup> And 8 <sup>th</sup> December 22

**The Above courses are for the support of patients with Long Covid.**

You will find 2 types of courses listed above, 6 week and a Dual session which is 2 sessions within the week, they are very different and it is suggested that attending both will provide knowledge and guidance to greater confidence and management of the condition and its symptoms.

**For More Information or to Book onto a Free NHS Course please contact:**

**Jules Godden EPP Master Trainer and Co-ordinator Newport, Caerphilly, Torfaen and Monmouthshire**

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