

Self Management

Week 7th - 11th Oct

What is the aim of Self Management Week?

Self Management Week aims to raise awareness of self management as an approach for the 2 million people living with a long term condition in Scotland.

Who is Self Management Week for?

Self Management Week is for everyone. It will highlight the benefits of self management for people in Scotland living with one or more long term condition, and those that care for them.

#SelfManagement

How can I get involved?

- Organise an event
- Post on social media
- Tell your local newspaper
- Follow [@SelfMgmtScot](#) on Twitter
- Partner with a local organisation

For more information, contact us:

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