

Long and Post- COVID Support Group

MUSCLE, BODY ACHES - DIFFICULTY BREATHING -
FATIGUE - DIFFICULTY CONCENTRATING

Did you have COVID and are you still struggling with some symptoms weeks or months later?

I found out about the NHS Long COVID Clinic I can access

Knowing I'm not on my own with these symptoms has helped me so much

I thought I was losing my mind!

Join us: we're not medics, but our group offers a place to share experiences, chat, listen, cry, laugh and hear from guest speakers.

Every Wednesday on Zoom,
11:30am to 12:30pm

Drop into our coffee morning on the third Monday of every month (excluding Bank Holidays): 10:30 to 11:30am at Vernon Park Café (inside the park) Turncroft Lane, SK1 4AR

If you have any questions or would like to join, email marie.omalley@stockport.gov.uk or call Marie on 07800 618570.

To read more about the group, search for 'Long COVID Support' on www.healthystockport.co.uk.