



Living with Long COVID



Free online 3-part workshop

Tuesdays: 27th September, 4th & 11th October
11.00 - 12.30 (Microsoft Teams)

Symptoms such as extreme fatigue and brain fog can last for months post COVID infection causing stress and further impair our physical and mental wellbeing - have you been affected?

This 3-part workshop will cover:

- Emotions associated with Long COVID
- Tips for managing long COVID
- Topics include: pacing, self-compassion, fear, fatigue, worry, acceptance, & breathwork

**Free to those age 18+, who are a Merton resident or have a GP registered in Merton
All welcome!**

**Email us: mertonwellbeing@swlstg.nhs.uk
or sign up by visiting our Eventbrite page or
scanning the QR code**

