



Health  
Improvement  
**Connect**

**Connect** and  
start to change  
your lifestyle.

Salford City Council

# **‘We Recover’**

## **Long Covid Support Group**

*Have you been diagnosed with Long Covid?  
Do you have ongoing symptoms of Long Covid?*

**If so, this group could be for you.**

‘We Recover’ is a Long Covid Support Group that has been designed to help individuals make positive changes to promote wellbeing. We will provide you with tools and techniques, over a 6-week period, to support your road to recovery. This is a Council led service and there is no charge.

**Sessions start**

**Thursday 30 September to 04 November**

**1.00pm to 2.30pm**

**The Poppy Day Centre**

**16-18 Worsley Road**

**Swinton M27 5WW**

**To book your place call the Health Improvement Team on  
0800 952 1000 Option 2 or email  
[health.improvement@salford.gov.uk](mailto:health.improvement@salford.gov.uk)**