

HOPE PROGRAMME FOR HIP AND KNEE REPLACEMENT

FREE SELF-MANAGEMENT
PROGRAMME TO HELP YOU PREPARE
FOR SURGERY, KEEP WELL AND
SUPPORT YOUR RECOVERY



SCAN ME



**Meet others in the
same situation
and build your
skills to help you
prepare and cope
better.**



**UK Research
and Innovation**

In partnership with Coventry University, funded by UKRI.

**This 8 session online course
covers topics such as:**

- Self management for before, during and after hip/knee replacement
- Movement quality and strengthening
- Coping with pain, acceptance and compassion
- Communication and relationships
- Managing fatigue, getting better sleep
- Using your strengths to make you happier and dealing with setbacks
- Healthy lifestyles
- Focussing on what matters to you

BOOK NOW
WWW.H4C.ORG.UK/
COURSES

OR PHONE 024 7736 0153

START DATE
13.07.2023

THE COURSE IS DELIVERED VIA AN ONLINE PLATFORM.
AVAILABLE 24/7 ON ANY DEVICE - SESSIONS RELEASED WEEKLY - LEARN AT
A TIME AND PACE THAT SUITS YOU - REMAIN ANONYMOUS