



**Psoriasis Scotland**  
Arthritis Link Volunteers

*“Do you want to learn more about managing your Psoriasis and psoriatic arthritis?”*

Come and take part in the first ever, free **“Self Management”** course on these disabling conditions, which starts on evening of **24th March in Glasgow.**

Developed by Scottish charity,  
**PSALV, PSORIASIS SCOTLAND, SC0 34239**

Do you want to learn new ways of dealing with your condition?  
Do you want to communicate better with medical staff, family and friends?  
Come and join others who have psoriasis and psoriatic arthritis in a friendly and relaxed environment, and learn how to cope with your condition better.

Led by people who have these conditions themselves, Self-management courses aim, with focussed activities, to support you living with your long-term condition to develop the confidence and knowledge you need to manage your condition better and have more control of your life. Healthcare professionals will be taking part as guests in some elements of this course.

The course will be held at the **LTCAS, Venlaw building, 349 Bath Street, in Glasgow, every Wednesday evening 6.30pm to 8.30pm, starting 24th March for 6 weeks.** Refreshments provided.

The course is free and travel expenses will be covered.

Places are limited so please get in contact by 18th March.  
**[www.psoriasisscotland.org.uk](http://www.psoriasisscotland.org.uk)**