

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.**